



live life well.



TIP OF THE WEEK

Entertain the Fruit & Veggie Way

We all enjoy gathering with friends and family for fun, laughs, and of course, food! Social gatherings sometimes offer few healthy choices, and you may be tempted to overeat in the company of others.

Encourage others to eat a healthy diet* by including a variety of fruits and vegetables at your next gathering. Host a fruit and vegetable pot luck. Ask family and friends to bring their favorite fruit or vegetable dish. Or set a theme, such as cultural night, and prepare fruit and vegetable dishes from a certain country or region.



Sample Regional Menus

Mediterranean *Whole-wheat pita bread with hummus • Turkey apple gyros • Cucumber and tomato salad*

Italian *Bruschetta with plums and fresh basil • Whole-wheat pasta with tomato sauce • Steamed mixed vegetables*



Mexican *Baked tortilla chips with salsa • Avocado tacos • Black beans and rice*

Include fruits and veggies at your next get-together



- Use a fresh vegetable platter or fruit salad as a colorful, appetizing, and tasty centerpiece.
- Make kabobs by placing bite-sized pieces of fruits or veggies onto skewers. Get your kids to help—they are fun to make and eat!
- Use salsa or hummus as dips for cut vegetables and whole-grain crackers or breads.
- Season your dishes with garlic, onions, or lemon juice to add flavor without adding fat or salt.

* In addition to fruits and vegetables, a healthy diet also includes whole grains, fat-free or low-fat milk products, lean meats (including poultry, fish, beans, eggs, and nuts) and is low in saturated fats, *trans* fats, cholesterol, salt, and added sugars. A healthy diet also means staying within your

