

# WELLNESS WAYS



UNIVERSITY OF ILLINOIS  
EXTENSION

College of Agricultural, Consumer and Environmental Sciences



*Ideas For Eating Better For Less . . . .*

## Serve Fruits & Veggies Often

Fruits and vegetables make meals colorful, tasty and nutritious.

- Add vegetables such as lettuce, tomato or onions to sandwiches.
- Add vegetables to meat and noodle or rice casseroles.
- Add chopped vegetables to soups and salads.
- Freeze leftover vegetables to use in soups, stews, or casseroles.
- Make vegetable salads such as coleslaw, 3-bean, pasta or potato salad with low-fat dressing.
- Eat fruits and vegetables for snacks and use low fat dips.
- Add fruits to hot and cold breakfast cereals.
- Use sliced fruit on pancakes, French toast or waffles.
- Make a fruit salad or add chopped fruit to lettuce salads.



### 5-A-Day Pizza Serves 4.

- |                                       |  |
|---------------------------------------|--|
| 1 (12-inch) pizza crust               | 1 cup pineapple tidbits in juice, well drained |
| 2 tsp. vegetable oil                  | 1 small zucchini, sliced thin                  |
| 1 cup tomato or pizza sauce           | 1/4 cup chopped green pepper                   |
| 1 1/2 cups shredded mozzarella cheese | 1/4 cup chopped onion                          |

1. Preheat oven to 425°.
2. Brush pizza crust with oil.
3. Spread sauce over crust.
4. Sprinkle with cheese and pineapple.
5. Top with zucchini, green pepper and onion.
6. Bake at 425° for 20 to 25 minutes.



**Serving Suggestions:** Add lean cooked ham to the pizza.

**NUTRITION FACTS (per serving)** - Calories 380 ~ fat 12 g ~ calories from fat 110 ~ sodium 870 mg ~ total carbohydrate 48 g ~ fiber 3 g

**Tip of the Month:** Be sure to wash the outside of watermelons and muskmelons/cantaloupes under clean running water before cutting into them. Cover cut melons and store in refrigerator.

**Fruit Smoothie** Serves 3.

- |  |                  |
|--|------------------|
| 1 medium banana, peeled , sliced                 | 1 Tbsp. sugar    |
| 2 oranges, peeled, cut into bite-size pieces     | 1/4 tsp. vanilla |
| 1 peach, peeled, diced or 1/2 cup canned peaches | 3 ice cubes      |
| 1/2 cup plain yogurt or milk                     |                  |



1. Place banana, oranges, peach, yogurt, sugar and vanilla in blender.
2. Cover and blend for a minute or until it becomes smooth.
3. Add ice. Blend for 15 – 30 seconds.
4. Pour into 3 glasses.

**Serving Suggestions:** Serve for breakfast with a lean luncheon meat or egg sandwich.

**NUTRITION FACTS (per serving)** - Calories 140 ~ fat 1 g ~ calories from fat 5 ~ sodium 35 mg ~ total carbohydrate 31 g ~ fiber 4 g

When shopping for fruit...

- select small-sized fruits, they usually cost less and are a single-size serving.
- do not buy bruised or damaged fruit.
- buy locally grown fruit when possible. Imported fruits can be expensive.
- buy fruit in-season. They are fresher, often cheaper and nutritious.

In-Season Fruits\*

**Spring**

- strawberries
- papaya
- grapefruit
- oranges
- bananas
- mango

**Summer**

- cherries
- peaches
- plums
- watermelons
- cantaloupe
- blueberries
- raspberries

**Fall**

- apples
- pears
- grapes
- melons
- cranberries
- kiwi fruit
- papaya

**Winter**

- oranges
- grapefruit
- apples
- bananas
- grapes



\*Note - Some fruits are readily available more than one season



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