

liven up your meals with vegetables and fruits



10 tips to improve your meals with vegetables and fruits

Discover the many benefits of adding vegetables and fruits to your meals. They are low in fat and calories, while providing fiber and other key nutrients. Most Americans should eat more than 3 cups—and for some, up to 6 cups—of vegetables and fruits each day. Vegetables and fruits don't just add nutrition to meals. They can also add color, flavor, and texture. Explore these creative ways to bring healthy foods to your table.

fire up the grill
Use the grill to cook vegetables and fruits. Try grilling
mushrooms, carrots, peppers, or potatoes on a kabob
skewer. Brush with oil to keep them from drying out. Grilled
fruits like peaches, pineapple, or mangos add great flavor
to a cookout.

expand the flavor of your casseroles
Mix vegetables such as sauteed
onions, peas, pinto beans, or
tomatoes into your favorite dish for
that extra flavor.

planning something Italian?

Add extra vegetables to your pasta dish. Slip some peppers, spinach, red beans, onions, or cherry tomatoes into your traditional tomato sauce. Vegetables provide texture and low-calorie bulk that satisfies.

get creative with your salad

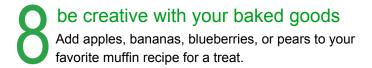
Toss in shredded carrots, strawberries, spinach,
watercress, orange segments, or sweet peas for a
flavorful, fun salad.

salad bars aren't just for salads
Try eating sliced fruit from the salad bar as your
dessert when dining out. This will help you avoid
any baked desserts that are high in calories.

get in on the stir-frying fun

Try something new! Stir-fry your veggies—like broccoli, carrots, sugar snap peas, mushrooms, or green beans—for a quick-and-easy addition to any meal.

add them to your sandwiches
Whether it is a sandwich or wrap,
vegetables make great additions to
both. Try sliced tomatoes, romaine lettuce,
or avocado on your everyday sandwich or
wrap for extra flavor.



make a tasty fruit smoothie For dessert, blend strawberries, blueberries, or raspberries with frozen bananas and 100% fruit juice for a delicious frozen fruit smoothie.



liven up an omelet
Boost the color and flavor of your morning
omelet with vegetables. Simply chop, saute,
and add them to the egg as it cooks. Try combining different
vegetables, such as mushrooms, spinach, onions, or bell
peppers.