



Easy Ways To Eat More Fruits & Vegetables

Some ideas to try:

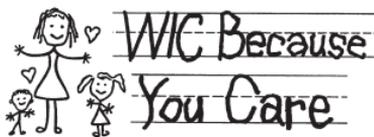
- Have baby carrots, bananas, celery sticks or applesauce at snack time.
- Put fruit - like bananas, strawberries, or dried fruit - on your cereal.
- Have fruit with yogurt at lunch.
- Add tomato and lettuce to your sandwiches.
- Serve fruit salad or lettuce salad with meals.
- Use onions and peppers in cooking.
- Serve vegetable soup (homemade or canned).
- Have vegetables with your meals; try for two.
- Dip raw vegetables in ranch dressing.
- Add vegetables to your soups, stews and hot dishes.
- Top baked potatoes with broccoli and cheese.
- Dip fresh fruits in yogurt, peanut butter or caramel.
- Top pizza with your favorite vegetables.
- Add chopped fruit (fresh or dried) to muffin mixes.

More Ideas:

- Have more fruits and vegetables on hand.
- Buy them on sale and when they are in season.
- Choose a variety of fresh, frozen and canned.
- Keep a fruit bowl on the counter for oranges, apples and bananas.
- Clean and cut up vegetables right away when you get home from the store. Keep in small plastic bags to grab and go.
- Melt cheese over cooked vegetables. Kids love it.
- Blend leftover cooked vegetables and add to soup.
- Grate carrots to hide them in spaghetti sauce.
- Cook a sweet potato in the microwave; serve with cinnamon sugar.
- Cook vegetables in the microwave with a small amount of water for the best taste.

Eating more fruits and vegetables:

- Helps control your weight.
- Sets a good example for your children.
- Fights cancer, diabetes and heart disease.



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