

# QUICK TIPS

These may seem like simple suggestions, but each small effort helps to increase your consumption of nutritious, delicious fruits and vegetables. Remember different forms count—fresh, frozen, canned and dried! If you choose canned products, look for those that are packed in water or 100% juice.

Use the following list of suggestions to add more fruits and vegetables to your diet. Every time you try one of these tips, count it as one point on your Fruits and Vegetables Challenge log.



## Look for the LOCAL icon

Throughout your challenge materials, you will see the LOOK FOR LOCAL icon, which will identify tips and tricks on how to include fresh, local foods as part of the challenge!

## ANYTIME

- Eat a red fruit or vegetable (like apples, tomatoes, red peppers, beets or strawberries).
- Eat a white fruit or vegetable (like potatoes, onions, parsnips, cauliflower, bananas or white peaches).
- Eat a yellow/orange fruit or vegetable (like oranges, pineapples, yellow apples, butternut squash, sweet potato, pumpkin or yellow squash).
- Eat a blue/purple fruit or vegetable (like blueberries, grapes, purple cabbage or eggplant).
- Eat a green fruit or vegetable (like spinach, kiwi fruit, green pears or asparagus).
- Eat one more fruit or vegetable today than you did yesterday.
- Eat fruit or vegetables for a snack today.
- Eat fruit for dessert today.
- Enjoy vegetable soup for lunch or dinner.
- Try a frozen fruit bar (100% juice) for an evening snack.
- Try one new fruit or vegetable today.
- Visit a local farmers' market, farmer or farm stand, and buy at least one fruit or vegetable.

## AT HOME

- Add more fruits and vegetables to a favorite recipe (for example, add vegetables to your favorite pasta, grated carrots or zucchini to meat loaf, or fruit to a homemade dessert).
- Add vegetables to your soup, rice or pasta at dinner.
- Add vegetables to your sandwich at lunch.
- Cut up vegetables for easy access in your refrigerator.
- Add canned, dried or fresh fruit to your salad (for example, canned mandarin oranges, dried cranberries or fresh apples).
- Eat two vegetables with dinner.
- Make a low-fat dip (like black bean dip, hummus or salsa) to accompany raw vegetables.
- Make a smoothie with frozen or fresh fruit for breakfast.

- Make a vegetable omelet for breakfast.
- Top your cereal or oatmeal with fresh or dried fruit.
- Try one new fruit or vegetable recipe today.
- Try a new method for cooking vegetables (for example, grilling, roasting or sautéing).
- Visit [MyEatSmartMoveMore.com](http://MyEatSmartMoveMore.com), and try a new recipe.

## AT FAITH COMMUNITY OR WORKSITE

- Bring fruit to have on hand, and eat a piece when you get hungry.
- Keep a snack bag of dried fruit (like raisins or cranberries) in your purse or desk.
- Bring your lunch to work, and include at least one cup of fruits and vegetables.

## EATING OUT

- Ask your server if you can choose vegetables for a side dish with your order.
- Enjoy a side salad with your lunch or dinner.
- Top your pizza with extra vegetables.
- Order a salad for lunch rather than a sandwich.
- Substitute fruit or a salad in place of fries with a fast food meal.

## INCREASE FRUIT AND VEGETABLE OPTIONS AT YOUR FAITH COMMUNITY AND WORKSITE

- Hang healthy eating posters, handouts and quotes on bulletin boards to encourage members to eat more fruits and vegetables.
- Bring healthy options such as vegetable trays or fruit baskets to events or meetings.
- If there is a snack bar, encourage your leaders or health/wellness committees to make local fruits and vegetables available for purchase.
- When catering food for an event, choose restaurants or caterers that use locally grown produce. Not only will you be eating fresher food, but you'll also be supporting your local economy.