



## TIPS FOR EATING FRUITS AND VEGETABLES

### PLANNING

Think about when it's easiest to fit fruits or vegetables into your day.

Purchase your favorites in amounts you know you can eat.

Convenience is OK — buy fresh already cut up or frozen vegetables for quick snacks or meal add-ins.

Stock your kitchen space with several of your favorite fruits and veggies.

Prep ahead: cut up fresh veggies, make a large salad, or try oven roasting large batches of veggies.

### KEEPING HANDY

Store produce in the most visible spot possible (e.g., on the middle shelf of refrigerator, or on the counter or a shelf). Place fresh fruit, baby carrots, sliced cucumber, grape tomatoes or other cut up veggies on your desk or table; add your favorite dip to make them tastier!

Carry dried fruit or applesauce packets for a quick snack.

Freeze grapes, berries, bananas and have as a refreshing snack!

### EATING FIRST

Start your day with fruit or veggies at breakfast: sweeten oatmeal, cereal, yogurt, or toast with fruit. Make a fruit and veggie-loaded smoothie. Add veggies to eggs, top eggs with salsa, or top toast with tomatoes.

Eat a salad or other vegetable before your meal—or as you're cooking.

Identify where to find fruits and veggies when eating out and put them on your plate first!

### ADDING IN

Double the amount of veggies called for in a recipe — this works well for most casseroles, soups, pastas, etc.

Add veggies to your favorite meals — add extras to sandwiches or wraps, add cooked vegetables into soup, cook frozen vegetables with pasta/noodles top with sauce or cheese.

Challenge yourself to add one fruit and/or vegetable to at least one of your meals each day!

Add at least one vegetable or fruit at a snack.

### WHY EAT FRUITS AND VEGETABLES?

**Energy** — fruits and vegetables contain carbohydrates, which are an essential fuel for physical and mental energy.

**Brain power** — the vitamins and minerals in fruits and vegetables are essential for brain health supporting both academic success and mental health.

**Build immunity** — vitamins and minerals support your immune system to prevent illness or help with recovery.

**Decrease inflammation** — antioxidants in fruits and vegetables decrease inflammation that can occur after a tough workout. They decrease the risk of many health conditions that are linked to inflammation.

**Natural and unprocessed** — most fruits and vegetables are minimally processed and low-cost compared to supplements.

**MORE TIPS:** <https://fruitsandveggies.org> or <https://www.heart.org>