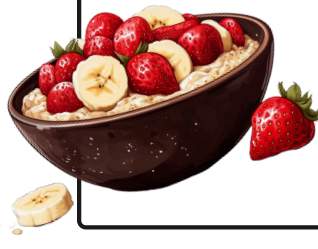


Ways to Eat More Fruits and Vegetables



Breakfast Boosters

- Add fruit to oatmeal or cereal.
- Have a cup of yogurt with fresh fruit.
- Blend up a smoothie full of fruit and vegetables.
- Incorporate chopped vegetables into your egg dishes.

01

02

Build a Better Lunch

- Add vegetables like cucumbers, tomatoes, or spinach to sandwiches and wraps.
- Choose fruits or vegetables instead of chips as a side.
- Make a hearty soup full of fresh vegetables.



Level Up Your Dinners

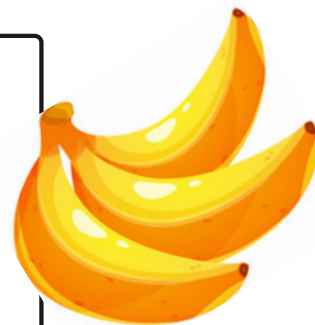
- Fill half your plate with vegetables like broccoli or asparagus.
- Keep frozen vegetables on hand for a quick addition to meals.
- Add vegetables, like peas and carrots, to rice and pasta dishes.

03

04

Snack Attack

- Enjoy cucumber slices, broccoli pieces, or carrot sticks dipped in hummus or Italian dressing.
- Keep grab-and-go items like apples, grapes, or baby carrots easily available when on the run.
- Snack on fruit during the day or as a sweet after dinner treat.



Frozen Yogurt Bark

Ingredients:

2 c. plain or vanilla yogurt
1/2 c. strawberries (sliced)
1/4 c. blueberries
1/4 c. granola

Directions:

1. Line a baking sheet with parchment paper.
2. Pour yogurt into baking sheet and spread into an even layer.
3. Top with strawberries, blueberries, and granola.
4. Freeze for at least 3 hours, then cut into pieces and enjoy!

