FRUIT & VEGETABLES

Why?
Eating fruits and vegetables everyday is important for building a strong and healthy body. These foods offer essential vitamins and nutrients that help you grow strong and prevent disease! Build healthy habits now that will last a lifetime.

Where to Start?

FRUIT
Try Whole Fruit Like:
- Apples
- Bananas
- Grapes
- Oranges
- Berries
- Pineapple

Try Recipes Like:
- Fruit smoothies
- Add fruit to oatmeal
- Add fruit to yogurt
- Bake fruit for dessert (apples/pears)
- Bake with raisins instead of chocolate chips in cookies or muffins

VEGETABLES
Experiment with these sides:
- Sauteed Greens (i.e. Spinach, Collards) in olive oil
- Broccoli and Cauliflower: roasted with lemon juice
- Green Beans: steamed
- Sweet Potatoes: baked, roasted, baked fries, mashed
- Carrots: steamed or roasted
- Onion: add to soups and stews
- Butternut Squash (roasted or in soup)
- Zucchini and Squash: sauteed with salt and pepper
- Add a side salad to your dinner entree

TRY THESE SNACKS:
- Celery Sticks + Peanut Butter + Raisins
- Whole Wheat English Muffin: Nut Butter + Banana + Honey
- Whole Wheat English Muffin: Hummus + Deli Turkey + Dijon Mustard
- Baby Carrots dipped in roasted red pepper hummus
- Sliced Celery, Bell Peppers, or Baby Carrots with Light Ranch
- Hard boiled eggs
- Whole Fruit: berries, bananas, melon, oranges, pears or peaches