

Get your fruits & vegetables



- Buy a variety of fruits and vegetables and put them in places that make them handy to eat.
- Keep fruit in a bowl on your table or counter.
- Keep cut up veggies in clear containers in the refrigerator and at eye level when you open the door.
- Add raisins and other dried fruits to cereal, yogurt, and salads.
- Add onions, green pepper, mushrooms, etc. to scrambled eggs, casseroles, etc.
- Choose restaurants that offer vegetables, salad bars, and fruits for dessert.
- Get lunch or dinner at a produce store or deli that offers a lot of fruits and vegetables. Before eating them, wash the skins at the store's water fountain.

