



# Focus on fruits & veggies

## 3 Steps to Turn this Message into ACTION

### 1. Aim to eat 5 or more servings of fruits and veggies a day:

Choose a rainbow of colors to get a variety of nutrients:

- Purple & Blue: Plums, prunes, raisins, blueberries, eggplant, and blackberries
- Green: Avocado, kiwi, broccoli, green beans, peppers, and leafy greens
- Orange & Yellow: Cantaloupe, peaches, carrots, pumpkin, sweet potatoes, and yellow squash and peppers
- Red: Beets, raspberries, strawberries, watermelon, red peppers, and tomatoes
- White: Cauliflower, mushrooms, parsnips, garlic, onions, and bananas

### 2. Have a plan:

- Buy fruits and veggies at markets or local places where they are fresh and look appealing. Choose ones you like. Try new ones, too.
- Buy veggies that are easy to prepare. Pick up pre-washed bags of salad greens and add baby carrots and grape tomatoes.
- Keep cut-up veggies in see-through containers in your refrigerator. Have carrots, celery sticks, broccoli, cauliflower, cucumbers, and cut green, yellow, and red peppers.
- Buy fruits that are dried, frozen, and canned in water or 100% fruit juice. Choose packaged fruits without added sugars.

### 3. Enjoy fruits and veggies with meals and as snacks:

- If you don't like to snack on plain raw veggies, dip them in a fat-free or low-fat salad dressing, salsa, or hummus.
- Use a microwave to cook fresh and frozen veggies quickly.
- Use leftover veggies for soups.
- Add bell peppers, broccoli, mushrooms or tomatoes to an omelet.
- Keep a bowl of fresh fruit on the counter or table.
- Add cut-up veggies and fruits to salads.
- Keep dried fruit, such as cherries, dates, cranberries, blueberries, or raisins in your purse, backpack, or car for an on-the-go snack.

