

# TOP 10 WAYS TO ADD FRUITS & VEGGIES TO YOUR DAY!

## Student Tip Sheet

### FRUITS



Fresh fruits are mother nature's sweet treats! They're colorful, juicy, sweet and delicious. And they're good for you too...filled with vitamins, minerals, and fiber to keep you healthy, active, and fit!

- 1 Fruit Parfait:** Cut up your favorite fruits and mix together in a bowl or glass. Put a layer of fruit, then yogurt, then fruit, then yogurt, and top off with nuts, dry cereal, or a cherry!
- 2 Fruit Smoothie:** In a blender, blend 1/2 cup of cut-up fruit like strawberries and bananas with 1/2 cup of yogurt and 1/2 cup of orange juice or low-fat milk.
- 3 Fruity Cereal:** Slice up bananas, peaches, or berries, and put them on your cereal. Sweet!
- 4 Fruity Sandwich:** Put peanut or almond butter or a slice of cheese between two slices of apples or pears.
- 5 Fruit Party Platter:** Make a special platter with cut-up fruit and a dip of flavored yogurt. Serve with toothpicks to be extra fancy. Surprise your mom or dad by making this for them after a hard day of work!
- 6 Snack Bowl:** Keep a bowl of cut-up fruit in the fridge for easy snacking. Sprinkle with orange or lemon juice to prevent browning.
- 7 Frozen Treats:** Freeze berries and ripe bananas in plastic bags and use them all winter long for smoothies, pancakes, muffins, or popsicles.
- 8 Drink Up!:** Ask for 100% fruit juice or water instead of soda and sugary drinks, especially when eating out. For a yummy natural soda, combine 1/2 seltzer and 1/2 100% fruit juice!
- 9 Eat Fresh!:** Fruits grown locally in season, like apples in autumn and strawberries in summer, taste best. They're fresher, cheaper, and way more nutritious and delicious! Go organic when you can.
- 10 Fast Fruit to Go:** For the fastest food around, grab a piece of fruit and eat it on the way. Or, cut fruit up, put it back together and wrap in plastic for a quick and easy "fruit puzzle" snack on the run!

### VEGGIES



Veggies are power foods! They're crunchy, refreshing, and give your body exactly what it needs. Ounce for ounce, most vegetables are packed with more vitamins and minerals than any other type of food!

- 1 Veggie Platter:** Make a plate of cut-up fresh veggies like broccoli "trees," cauli "flowers," green pepper "pinwheels," carrot "coins," and celery "pick-up sticks." Dip in hummus, onion dip, or salad dressing!
- 2 Toss a Salad:** Make a salad by combining lettuce with fresh veggies & a splash of dressing. Or, make a "salad bar" with bowls of different veggies so everyone can make their own special salad.
- 3 Eat Veggies When You're HUNGRY:** After school or while waiting for dinner, munch on baby carrots and celery sticks! Or pack them with you for a snack.
- 4 Dress Up:** Always top off your sandwiches with lettuce & tomato, or be adventurous with sprouts, green pepper slices, or cucumbers!
- 5 Ask Your Parents** to stir fry veggies like broccoli, string beans, spinach, mushrooms, peppers, and onions, along with chicken, tofu, or meat for a yummy dish. Season with olive oil, garlic, and soy sauce.
- 6 Travel the World:** Taste the delicious ways veggies are prepared by trying meals from other cultures! See how many countries you can "visit!"
- 7 Grow a Garden:** Plant your own vegetable garden! If you don't have a yard or a community garden, grow a pot of tomatoes or herbs on your windowsill. Or grow sprouts in a jar all year long!
- 8 Sneak Veggies In:** Order veggie pizza or make your own with an English muffin or bagel topped with tomato sauce, cheese, mushrooms, onions and broccoli. Have your parents "sneak" cut-up veggies into soups and stews.
- 9 Visit a Farm,** farm stand, or farmers' market and meet the folks that grow your food while you taste the freshest veggies in town!
- 10 Veggie of the Week:** Ask if you can pick a new vegetable at the supermarket each week. As a family, experiment with recipes from cookbooks or TV shows.