

EASY WAYS TO INCLUDE FRUITS & VEGETABLES IN YOUR DAY

One of the foundational principles for healthy eating is being consistent in including more fruits and vegetables in your meals and snacks each day. The following are some ideas for finding new and easy ways to have fruits and vegetables show up in more of your meals.

6 BASICS FOR ADDING MORE FRUITS & VEGGIES

- 1. Use The Plate Method.** If you fill half of your plate with fruits and vegetables at each meal or snack, you will be well on your way to eating the recommended serving.
- 2. Be Generous.** When you prepare recipes that call for and include fruits and vegetables, plan to always add more than the recipe encourages. By adding extra fruits and veggies in the prep stage, you will get in the habit of adding extra whole foods to your recipes.
- 3. Substitute.** Don't hesitate to substitute fruits or vegetables in any meal. The more you do, the fewer calories you will likely be eating.
- 4. Stay Stocked.** Be sure to keep good levels of frozen and canned fruits and vegetables for quick meal prep. Choose canned fruit and vegetables that don't include added sugar, syrup, cream sauces, or other ingredients that add unhealthy options.
- 5. Steam & Flavour.** Steamed vegetables make great sides. Add flavour with low-calorie or low-fat dressings, herbs, and spices.
- 6. Grab & Go.** Always have fruits and vegetables in easy-to-grab places in your kitchen. You might want to have a fruit bowl, trail mix in the cupboard, or items sliced and ready in the fridge.

BREAKFAST

- Substitute spinach, onions, or mushrooms for one of the eggs or half the cheese in your morning omelet. This will add volume, but decrease the level of fat.
- Add fruit to a whole grain cereal and use low-fat milk. Also, grab a bottle of your favourite vegetable juice for the road.
- Get up 10 minutes earlier in the morning or plan an on-the-go nutritious breakfast the night before.
- Make a waffle or pancake the night before and add blueberries and wheat germ in the batter. Pop it in the toaster before you leave in the morning.



LUNCH

- Reduce the amount of meat or cheese on a sandwich by $\frac{1}{2}$ and replace with vegetables.
- Prepare chicken or tuna salad. Add an equal volume of chopped fruits or veggies such as celery, grated carrots, cucumber, apples, grapes, pineapple, or dried cranberries.
- Add a $\frac{1}{2}$ sliced banana to a peanut butter sandwich and reduce the amount of peanut butter by $\frac{1}{2}$.
- Replace pasta in soups with vegetables.
- When eating out, choose vegetarian options that have lots of fruits and vegetables.

DINNER

- Reduce your portion of meat at a meal and have an extra serving of veggies or salad.
- Replace $\frac{1}{2}$ a pasta portion with vegetables topped with sauce.
- Stir-fry veggies with chicken instead of other healthy food.
- Make chili with $\frac{1}{2}$ the meat and replace it with beans and veggies.
- Make a portabella mushroom or black bean burger instead of your tradition burger.

SNACKS

- Try 1 cup of whole strawberries and 1 cup of carrots with $\frac{1}{4}$ cup of low-calorie dressing.
- Snack on a few strawberries, blueberries, carrots, broccoli, or any other fruit or vegetable that is quick and easy to eat.
- Make fruit kabobs or fruit popsicles.
- Try hummus with carrots, celery, cauliflower, or other vegetables.
- Make guacamole! It's heart-healthy and delicious.

