

July Topic: Fruits and Vegetables



10 Ways to Increase Your Fruit and Vegetable Intake

- 1. KNOW YOUR NUMBER OF SERVINGS OF FRUIT AND VEGETABLE.** Your body's fruit and vegetable needs are determined by a combination of your age and activity level. Visit the Health Promotion Wellness Toolbox to find your number. <http://go.usa.gov/3vVn4>
- 2. SHAKE IT UP!** Blend 100% juice with fresh or frozen fruits, like bananas; and vegetables, like spinach, to make a smoothie for an alternative meal on the go.
- 3. READ THE LABELS.** Juices can be full of excess sugar, so check for the 100% juice marking.
- 4. SNACK ON IT.** Pass up the chips for no sugar added dried fruit or bumps on a log (celery with a thin layer of peanut butter and topped with raisins).
- 5. CHANGE IT UP.** Add finely chopped vegetables, like carrots, to hamburgers or meatloaf.
- 6. THIN IT OUT.** Instead of extra meat or cheese on your sandwich or sub, add lettuce, tomato or onion.
- 7. GARNISH IT.** Add fruit, like fresh strawberries or apple slices, to a salad.
- 8. JAZZ IT UP.** Add steamed broccoli and cheese to a baked (or sweet) potato.
- 9. ADD TOPPINGS.** Love pizza? The possibilities are endless from pineapple to peppers and mushrooms.
- 10. TRACK IT!** Monitor your daily intake and adjust your eating.



Presented by NHCH Health Promotion

For more information call us:

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