

## Plan of the Day Notes

Use the National Fruits & Veggies—More Matters® materials “30 Ways in 30 Days to Stretch Your Fruit and Vegetable Budget” for your Plan of the Day Notes. You’ll find them at: [http://www.fruitsandveggiesmatter.gov/downloads/Stretch\\_FV\\_Budget.pdf](http://www.fruitsandveggiesmatter.gov/downloads/Stretch_FV_Budget.pdf)

## Plan of the Week Notes

### Week One:

Increasing the amount of fruits and vegetables in your diet can help with weight loss. Start your day with a whole grain cereal and add your favorite fruit such as a sliced banana or a handful of berries. Have a salad with lunch, and an apple for an afternoon snack. Include vegetables with dinner and you already have about 2 servings of fruits and 3 servings of vegetables.

### Week Two

Eating at least 2 servings of fruits and 3 servings of vegetables per day is associated with as much as 50% reduced risk of cancer as those who only eat one or two servings per day of each. Add fresh fruit and vegetables to foods you already eat — like berries and bananas to yogurt and cereal; vegetables to pasta and pizza; and lettuce, tomato and onion to sandwiches.

### Week Three

You can increase the amount of fruits and vegetables you eat while eating away from home. Try some of these healthy choices.

- veggie pizza
- pasta with vegetables (but watch out for those high fat cream sauces)
- fresh vegetable "wrap"
- vegetable soup
- small salad (instead of fries)
- plenty of fresh vegetables from the salad bar

### Week Four

Fruits and vegetables are nature's original fast food. When it's snack time, grab:

- Fruit— an apple or orange, or a zip lock bag and fill with sweet cherries, grapes, dried dates, figs, prunes, raisins, or apricots
- Vegetables— carrot sticks, broccoli, or some red, yellow, and green pepper. Try dipping your vegetables in low-fat or non-fat salad dressing.