

HEALTHY
TIPS

Fruits & Veggies – Every Day the Tasty Way



Fruits & Veggies, “Cool” Foods

Do you find fruits and veggies in the meals and snacks you eat? Are there plenty of fruit and veggie choices in your house? If you answered “no” to either of these questions, consider making a healthy change.

Why Fruits & Veggies?

- They are packed with nutrients to help you look and feel great.
- They add awesome tastes and textures. You’ll never get bored!
- They are low in fat and high in fiber which helps keep your heart and digestive tract healthy and running smoothly.
- Without added fat and sugar, they fill you up and help with a healthy weight.

Choose to get more fruits and veggies with one of these “Family Challenges” today!

- **Try different textures to add interest.**

Mix soft, crunchy and smooth textures to add interest. Serve crunchy raw sweet potato slices as a snack. Grill a zucchini for dinner. Eat frozen grapes or slice a soft mango as a dessert.

- **Let everyone choose fruits and veggies to add to the grocery list.**

For variety and cost savings, pick fresh, frozen, dried and canned choices. Fresh apples, frozen melon, raisins and canned pears are ideas. Include “grab and go” choices like baby carrots or bananas.

- **Eat a fruit or veggie at breakfast, lunch and dinner.**

Make a plan like this one, to keep you on track!

Breakfast - Eat a fruit

Lunch - Choose a salad or cooked veggie and canned fruit

Dinner - Serve 2 veggie choices



The *Family Challenge* we choose this week is:

After the week is over, continue with your healthy challenge or try a new one!

