Fruit & Vegetable Easy Add-Ins

Adults need to eat at least **2 cups of fruit** and **3 cups of vegetables** every day to be healthy and stay that way! Here are some easy ways to add fruits and vegetables to your meals and snacks.

**Meals**
- Blend yogurt, fruit, and leafy greens for a tasty smoothie
- Top oatmeal or cereal with fresh fruit
- Add sliced bananas to a peanut butter sandwich
- Pair grilled chicken with a salad of mixed veggies and greens
- Add cauliflower and a little cheese into mashed potatoes
- Make a parfait with low fat cottage cheese and fresh fruit
- Add chopped veggies to scrambled eggs
- Stuff a quesadilla with spinach and mushrooms

**Snacks**
- Dip veggies in low fat salad dressing or hummus
- Spread a tablespoon of peanut butter on a sliced apple
- Dip fruit kabobs in low fat yogurt
- Freeze grapes or blueberries for an icy treat
- Put cherry tomatoes and cubes of low fat cheese on toothpicks

**Grab & Go**
- Keep snack bags of fresh veggie slices like carrots and cucumbers in your fridge
- Make your own trail mix with dried fruit
- Grab a piece of whole fruit
- Pack a container of berries or a box of cherry tomatoes

This material was funded by USDA’s Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local DHS office, or call the URI SNAP-Ed nutrition program at 1-877-Food-URI (1-877-366-3874). USDA is an equal opportunity provider and employer.
### What Does a Cup of Fruit or Vegetables Look Like?

<table>
<thead>
<tr>
<th>Amount</th>
<th>What it looks like</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1 cup of fruit</strong></td>
<td>1 small apple</td>
</tr>
<tr>
<td><strong>½ cup of fruit</strong></td>
<td>16 grapes</td>
</tr>
<tr>
<td><strong>1 cup of vegetables</strong></td>
<td>1 cup of broccoli</td>
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<tr>
<td><strong>½ cup of vegetables</strong></td>
<td>6 baby carrots</td>
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</tbody>
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**Carrot Salad**  
6 servings, ½ cup each

**Ingredients**
1 pound fresh carrots  
½ cup chopped fresh parsley  
2 tablespoons olive oil  
2 tablespoons lemon juice  
1 teaspoon Dijon mustard  
¼ teaspoon salt  
¼ teaspoon pepper

**Directions**
1) Peel and grate carrots into a medium bowl.  
2) Add parsley, oil, lemon juice, mustard, salt and pepper. Mix together.  
3) Serve, or refrigerate for later.

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**Berry Smoothie**  
4 servings, 1 cup each

**Ingredients**
1 cup frozen blueberries  
1 cup frozen strawberries  
1 cup low fat vanilla yogurt

**Directions**
1) Put all the ingredients into a blender.  
2) Blend until smooth and pour into cups. Enjoy!