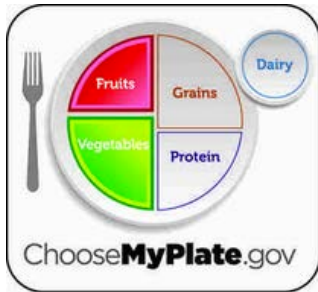


Add More Fruits and Veggies



Always rinse and drain canned goods to remove added salt or sugar.

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.

Adding Fruits and Vegetables to Meals and Snacks

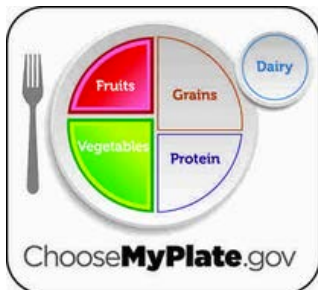
- Add canned fruit to yogurt, oatmeal, or smoothies (choose packed in 100% juice or water).
 - Rinse canned veggies and toss into soups, pasta, or salads.
 - Keep fresh fruit and veggies washed, chopped, and ready for snacks.
 - Top sandwiches, wraps, or eggs with fresh veggies.
 - Use frozen fruit in smoothies or mix into yogurt.
 - Heat frozen veggies for a quick side or add to stir-fries and casseroles.

Remember!

Fruits and vegetables give your body vitamins, minerals, and fiber that help you stay healthy. Eating a variety of colors adds different nutrients your body needs every day.



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Apple Coleslaw

Servings: 12

Serving size: 1/2 cups

Ingredients

- 1 small head green or red cabbage (about 3 cups shredded)
- 2 medium red apples
- 1 large carrot
- 2 medium scallions
- 1/3 cup light mayonnaise
- 1/3 cup unpacked brown sugar
- 2 tablespoons lemon juice



Directions

1. Wash all vegetables and fruit.
2. Finely chop or shred cabbage. Core apples and chop into bite-size pieces. Grate carrot. Finely chop scallions.
3. In a large bowl, combine cabbage, apples, carrot, and scallions.
4. In a small bowl, beat together the mayonnaise, brown sugar, and lemon juice.
5. Pour dressing over salad and mix well.

Nutrition Facts

12 servings per container
Serving size 1/2 cup

Amount per serving
Calories 60

	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	4%
Total Sugars 8g	
Includes 4g Added Sugars	8%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 18mg	2%
Iron 0mg	0%
Potassium 113mg	2%
Vitamin C 11mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.

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