

Are You Eating 2 Cups of Fruit + 2 Cups of Veggies Every Day?

Here are some easy ways to add in fruits and veggies to your meals and snacks.

Breakfast



Add chopped peppers and onions to scrambled eggs and make a burrito.

A.M. Snack



Have your fruit and veggie snack at school.

Lunch



Don't forget to visit the garden cart at school and get a side salad and fruit for dessert.

P.M. Snack



Add peanut butter or sunbutter to a whole apple for a quick and easy snack that will hold off your hunger until dinner.

Dinner



Add a side salad or mix in chopped veggies to your favorite pasta dish!

Here's an easy and healthy recipe for you to make...

Creamy Ranch Dip

6 servings, 2 tablespoons each

What you need:

- 1/3 cup mayonnaise
- 1/3 cup nonfat plain yogurt
- 1/4 teaspoon dill weed
- 1/2 teaspoon celery salt
- 3 cups of your favorite cut-up vegetables



What to do:

1. In a small bowl, stir together the mayonnaise, yogurt, dill, and celery salt. Blend until creamy.
2. Serve with baby carrots, celery sticks, cucumber slices, cherry tomatoes, or any other fresh veggies.