

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

What Does a Cup of Fruit or Vegetables Look Like?

Amount	What it looks like	
1 cup of fruit	 1 small apple	 1 tennis ball
½ cup of fruit	 16 grapes	 small computer mouse
1 cup of vegetables	 1 cup of broccoli	 1 baseball
½ cup of vegetables	 6 baby carrots	 small computer mouse

Carrot Salad

6 servings, ½ cup each

Ingredients

- 1 pound fresh carrots
- ¼ 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.

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!