

Dietitian Tip June
Tuesday 09/20

Easy Ways To Add Fruit and Vegetables to Our Day

A variety of fruits and vegetables can provide us with many important nutrients that help improve our overall health and wellness and reduce the risk of disease.

10 Tips to Help Increase Your Fruit and Vegetable Intake

1. Add sliced or shredded vegetables such as avocado, tomatoes, carrots, cucumber, or cabbage to wraps or sandwiches.
2. Make stir-fries more often: These are a quick and easy meal idea that can incorporate a variety of different vegetable options from spinach, zucchini, bok choy, carrots, peppers etc.
3. Enjoy fruit smoothies with a variety of fruit and handful or two of spinach or kale. A simple recipe to try: Throw in half a banana with 1/2c frozen berries, 1 c milk or milk alternative such as almond milk and a handful of spinach. You can even turn smoothies into popsicles for a fun healthy snack for the kids by freezing it in a popsicle mold.
4. When boiling noodles for kraft dinner or any pasta dish throw in some frozen vegetables such as peas or carrots to the pot.
5. Add extra vegetables such as carrots, tomato, peppers, celery, and mushrooms to chilis, stews or even pasta sauces.
6. Be the person who brings the salad or vegetable dish to a potluck or family dinner.
7. Add some fresh or frozen fruit to oatmeal or cereal such as sliced strawberries, bananas, or blueberries.
8. Add mashed bananas to any pancake batter.
9. Try roasting or baking vegetables with seasonings and a bit of olive oil to bring out extra flavor.
10. Have some fresh cut up fruit or vegetables set out prior to dinner to influence snacking on these options while dinner is being made.

Find example recipes, and more information on nutrition and healthy eating, at www.grandeprairiepcn.com/resources/dietitiantip

