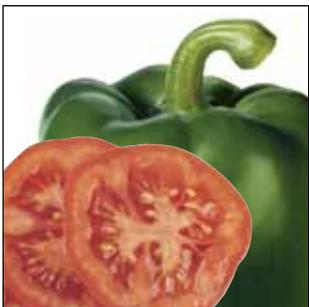




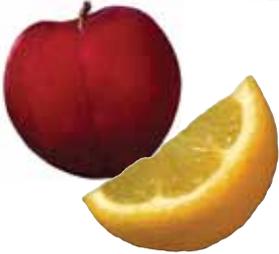
# Add Fruits and Vegetables to Classic Favorites...

Classic Dishes	Plus	Fruit or Vegetable
<p><b>Yogurt</b></p> 	<p>+</p>	 <p><b>Peaches</b></p>
<p><b>Oatmeal</b></p> 	<p>+</p>	 <p><b>Raisins or Apples (for younger children)</b></p>
<p><b>Quesadillas</b></p> 	<p>+</p>	 <p><b>Tomatoes and Peppers</b></p>
<p><b>Lasagna</b></p> 	<p>+</p>	 <p><b>Spinach</b></p>



# Tips

## ...to Help You Eat at Least 5 Servings of Fruits and Vegetables Every Day



- Buy fresh fruit and vegetables in season when they may be less expensive and at their peak flavor.
- Be a role model - eat your fruits and vegetables and your children will too.



- Ask your children to help you pick out a fruit or vegetable at the store. When they are involved in selecting the fruit or vegetable, they are more likely to eat it.

- For dessert, have baked apples, pears, or a fruit salad.

- Try a fruit smoothie - mix bananas peaches, strawberries, or other berries with low-fat or fat-free yogurt.



- Use frozen vegetables for quick and easy cooking in the microwave.
- Fruits and vegetables taste great with a dip or dressing. Carrot and celery sticks are traditional, but consider broccoli florets, cucumber slices, red or green pepper strips, or apples.



- Salads are an easy way to get your vegetables. Include a green salad with your dinner every night. Or try a main dish salad.

- Add vegetables to soup. Add carrots and celery to chicken noodle soup. Add tomatoes and onions to beef with barley soup.

\*Adapted from USDA's ChooseMyPlate.gov web site: <http://www.choosemyplate.gov/food-groups/fruits-tips.html>