The Dietary Guidelines recommend that adults consume 2 cups of fruits and 3 cups of vegetables each day. Even though it is important to consume fruits and vegetables each day, it is not always easy. Here are some quick tips on how to include more fruits and vegetables daily.

**Breakfast**

Add vegetables such as spinach, mushrooms, peppers, and avocado to omelets, toast, or smoothies. Fruits, such as strawberries, blueberries, and bananas, are great additions to low-fat yogurts, oatmeal, smoothies, and whole-grain pancakes!

**Snack**

Try having fruits and vegetables, such as apples or baby carrots, washed and available for a quick, crunchy, and healthy snack. These can be dipped in hummus, low-fat dressings, or peanut butter for added flavor!

**Lunch**

Add a variety of vegetables and fruits to your salads, pizzas, or sandwiches! Some creative ideas include peppers, spinach, zucchini, mushrooms, pineapple, strawberries, grapes, and apples.

**Dinner**

Start up the grill! Add vegetables such as onion, squash, peppers, zucchini, and mushrooms together to make a delicious kebab. For a sweet treat, grill fresh fruits like pineapple, peaches, and bananas. Don’t have a grill? Baking them is just as yummy!

**Dessert**

Include chilled oranges, strawberries, blueberries, or sliced bananas to a serving of low-fat frozen yogurt or to satisfy your sweet tooth while adding fruits to your day.

References:

Academy of Nutrition and Dietetics. (2021). 20 ways to enjoy fruits & vegetables. [https://www.eatright.org/~/media/eatright/eFiles/nationalnutritionmonth/handoutsandtipsheets/nutritiontipsheets/20waystoenjofruitsandvegetables.ashx](https://www.eatright.org/~/media/eatright/eFiles/nationalnutritionmonth/handoutsandtipsheets/nutritiontipsheets/20waystoenjofruitsandvegetables.ashx)