



The Lowdown On Eating More Veggies and Fruits

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%20files/nationalnutritionmonth/handoutsandtipsheets/nutritiontipsheets/20waystoenjoymorefruitsandvegetables.ashx>

This project was funded using U.S. Department of Agriculture grant funds. The USDA is an equal opportunity provider, employer, and lender.

The University of Mississippi is an EEO/AA/Title VI/Title IX/Section 504/ADA/ADEA employer.

For more information and the nondiscrimination statement in other languages:

<https://www.fns.usda.gov/cr/fns-nondiscrimination-statement>

Except as provided below, you may freely use the text and information contained in this document for non-profit or educational use with no cost to the participant for the training providing the following credit is included. These materials may not be incorporated into other websites or textbooks and may not be sold.

Suggested Reference Citation:

Institute of Child Nutrition. (2021). *The lowdown on eating more veggies and fruits*. University, MS: Author.

The photographs and images in this document may be owned by third parties and used by the University of Mississippi under a licensing agreement. The University cannot, therefore, grant permission to use these images. Please contact helpdesk@theicn.org for more information.

© 2021, Institute of Child Nutrition, The University of Mississippi, School of Applied Sciences

06/30/2021