

This
Weeks
Theme

Ways to eat more fruits and vegetables



eat right. Academy of Nutrition and Dietetics

Make 2 cups fruit and 2 ½ cups vegetable your daily goal. Here are some tips to enjoy more fruits and vegetables every day.

20 ways to eat more fruits and vegetables



Use your camera on your mobile device to quickly scan this QR code.

Question of the week:
How many cups of vegetables should an average adult aim to eat daily?

Answer: 2 ½ cups. Remember to eat a variety from all the subgroups; red/orange, dark green, bean/lentil, starchy and other.

- Add veggies to your pizza and sandwiches.
- Mix up a smoothie made with low-fat milk, frozen strawberries and a banana.
- Make fruit your dessert.
- Keep cut vegetables handy.
- Stock your freezer with frozen vegetables and fruits.
- Stuff an omelet with vegetables.
- Place colorful fruit where everyone can easily grab some.
- Mince fresh spinach and put it into baked dishes like lasagna and spaghetti.

Next Week: Personalize Your Plate