



**Operation Threshold  
WIC  
Nutrition/Health Tip  
of the Month  
October 2011**



**10 Easy ways to get more fruits & vegetables into your diet!**

Fruits and vegetables are part of a healthy diet for both children and adults. It is recommended that you make half of your plate fruits and vegetables. Here are 10 easy ways that you can start to eat more fruits and vegetables.

- 1. Add fruits and vegetables to the foods you are already eating.** Add grated vegetables to ground meat, sauces, omelets, or soups. Put bananas, berries, or raisins on top of your cereal or oatmeal.
- 2. Cut up fruits and vegetables ahead of time.** Keep them in the refrigerator in small bags for easy snacks on the go.
- 3. Choose fruits or vegetables instead of less healthy snacks.** Instead of chips, choose carrots with dip or hummus, or cucumber slices with a yogurt dip.
- 4. Choose a vegetable side, vegetable soup, or salad at a restaurant.**
- 5. Have a least one vegetable and one fruit at lunchtime.** Take along baby carrots or cucumbers, and an apple or banana.
- 6. Add vegetable toppings to your pizza.** Choose vegetable toppings like green peppers or spinach, or add your own vegetable toppings to a frozen pizza before baking it.
- 7. Let kids help decide which vegetable to have with dinner.** Letting kids help decide what to eat can make them more likely to eat it!
- 8. Have a vegetable-rich main dish one time a week.** Try zucchini lasagna instead of meat lasagna, or vegetarian chili instead of meat chili.
- 9. Try roasting vegetables.** Roasted vegetables are delicious and easy to prepare. Cut up any combination of peppers, zucchini, summer squash, onions, and/or eggplant. Toss with a light coating of vegetable spray, and bake at 400 for about 15 minutes, turning occasionally.
- 10. Keep trying!** Kids can be turned off to trying new foods if the color, flavor, or smell is not appealing to them. It may help if fruits and vegetables are served raw. And

remember, sometimes kids need to be presented with new foods over and over again before they start to like them!