

## Fruit and Veggie Tips

These tips will help you select the best fruits and vegetables at the store so that you can get the maximum nutrients.

- Buy fresh fruits and vegetables in season when they may be less expensive and at their peak flavor
- Buy plain frozen vegetables and create seasoning combinations using herbs, lemon juice and garlic; this will help keep your fat and salt consumption to a minimum
- Buy pre-cut fruit and vegetables and store them in the refrigerator or on the kitchen counter at eye level so you will snack on them
- Experiment with new vegetables, pasta shapes and grains
- Fill half your cart with fresh, frozen or canned produce
- Plan your meals around vegetables, fruits, whole grains and beans instead of meat — some healthy meal choices are whole-grain pasta, stir-fry, salad, soup, chili or a baked potato
- Select a rainbow-colored assortment of fruits and vegetables so that you will get the greatest amount of vitamins, minerals and antioxidants
- Stock up on frozen and canned fruits and vegetables for later in the week or for busy nights

## How to Increase Fruits and Vegetables in Your Diet

Fruits and vegetable are low in calories and add fiber, vitamins, minerals and antioxidants to your diet. They also add flavor, color and texture to meals at a low cost. Follow these easy tips to help increase the fruits and vegetables in your diet.

- Add fruits or frozen berries to low-fat yogurt or cereal for a sweet treat
- Buy precut fruits and vegetables
- Fill your plate with vegetables before you serve yourself anything else at mealtimes
- Have fresh fruit with light whipped cream on top for an after-dinner dessert
- Head to the produce section first at the grocery store
- Keep fruits and vegetables where you can see them in the fridge — the more often you see them, the more likely you will eat them
- Order a side salad instead of fries when dining out
- Pack fruits and vegetables as snacks to bring to work

Shop at your local farmers' market for fresh local produce