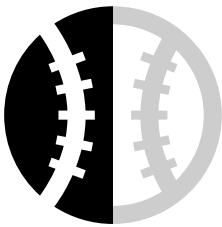


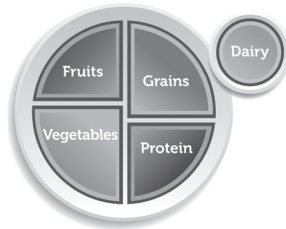
# Choose Fruits and Veggies

**Fill half your plate with fruits and veggies – they're good for your health.**

- They have vitamins, minerals and fiber that fight heart disease, certain cancers, and type 2 diabetes.
- Try to eat a variety of colors. Red, yellow, green, white, and purple fruits and vegetables all provide different nutrients.
- Choose fresh, frozen, canned, or dried. They all count!
- Aim for 4-5 cups of fruits and veggies each day.
- Focus on whole fruits and vegetables. They provide more fiber and are more filling than juice. If you choose to drink juice, make sure it is 100% juice with no added sugars.



One cup is about the size of a baseball or an adult's fist.



Use MyPlate as your guide, and fill half of your plate with fruits and vegetables.



Snacks count too. Enjoy a piece of fruit or grab some sliced raw veggies.



If you choose to drink juice, make sure it is 100% juice with no added sugars.

**Find more information online at:**

*[MyPlate.gov/eat-healthy/vegetables](https://www.MyPlate.gov/eat-healthy/vegetables) and [MyPlate.gov/eat-healthy/fruits](https://www.MyPlate.gov/eat-healthy/fruits)*

# How can you eat more fruits and vegetables?

Add fruits and vegetables to each meal to make it look like the MyPlate.

**Meal 1:** Spaghetti with meat sauce

**Meal 2:** Chicken with rice

**Meal 3:** Eggs and toast

**Meal 4:** Ham and cheese sandwich

## Tips to add fruits and vegetables throughout the day

### Breakfast:

- Microwave hot oatmeal with cinnamon and add chopped apple or pear.
- Use leftover veggies from last night's dinner to make a quick and easy omelet.
- Make a smoothie with fresh, frozen, or canned fruit and Greek yogurt. Add in a cup of fresh spinach or even some cooked carrots to sneak in a veggie.
- Add bell peppers, onions, sweet potatoes, or tomatoes to a breakfast burrito.

### Lunch:

- Add vegetables to your sandwich or wrap. Try tomatoes, romaine lettuce, spinach, onion, bell pepper, cucumbers, or even shredded carrots.
- Pack a container of frozen fruit in your bag. It will help keep the other foods cold, and will be thawed to eat by lunch.
- Experiment with adding different vegetables or even fruits to your standard salad. Mandarin oranges, sliced apples, or berries are all tasty options.

### Dinner:

- Throw any extra frozen or fresh veggies you may have into a stir-fry. All vegetables can work.
- Add frozen vegetables such as peas or corn to casseroles or soups.
- Top your pizza with onions, mushrooms, tomatoes, peppers, or pineapple.
- Lightly toss seasonal vegetables with oil, salt, and pepper. Roast in the oven or throw on the grill for a quick and easy side dish.
- Serve fruit for dessert.

### Snacks:

- Eat baby carrots with hummus or peanut butter.
- Make fruit kabobs with chunks of fresh or frozen fruit and cubed cheese.
- Cottage cheese goes great with vegetables like cherry tomatoes and carrots or even fruits like peaches.
- Keep whole fruit or cut fruit and veggies available for easy-to-grab snacks.

Funded in part by the USDA SNAP. For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016. Need help stretching your food dollars? Contact your local resource center or go online to [mydss.mo.gov/food-assistance](https://mydss.mo.gov/food-assistance)



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