25 Ways to Eat More Fruits and Vegetables

- Start each morning with a piece of fresh fruit or glass of 100% fruit juice
- Add a banana, strawberries, or blueberries to your cold cereal
- Add ¼ cup chopped dried fruit to your favorite hot cereal
- Blend vanilla yogurt, fresh fruit, and pineapple juice for a delicious fruit shake
- Cook sliced apples and pears in the microwave; sprinkle with cinnamon
- Add frozen mixed vegetables to canned or packaged soup
- Try stir-frying vegetables with chicken or shrimp for a delicious dinner
- For a new sandwich twist, fill a pita with chopped vegetables
- Serve a vegetable platter and low fat dip as a festive start to a meal
- Keep a stash of dried fruit, canned fruit and juices in your desk drawer or locker
- Make your own trail mix with chopped dried fruit, raisins, cereal, and pretzels
- Keep cut up fresh vegetables in the refrigerator for a quick snack
- Have a glass of vegetable or tomato juice as a mid-morning snack
- Bake a potato in the microwave, top with salsa and low fat cheese, and eat as a snack
- Try vegetable toppings on your pizza
- Mix 100% fruit juice with seltzer water for a refreshing beverage
- Try a vegetable you’ve never had before for dinner tonight
- Top your ice cream or frozen yogurt with fresh or canned fruit
- Put grapes in the freezer for a refreshing snack
- Keep a bowl of fruit on the kitchen counter
- Take along raw baby carrots to munch on in the car
- Serve raw broccoli with low fat ranch salad dressing as an appetizer or snack
- Garnish your dinner plate with sliced oranges or pineapples
- Drink 100% fruit juice instead of soda

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