

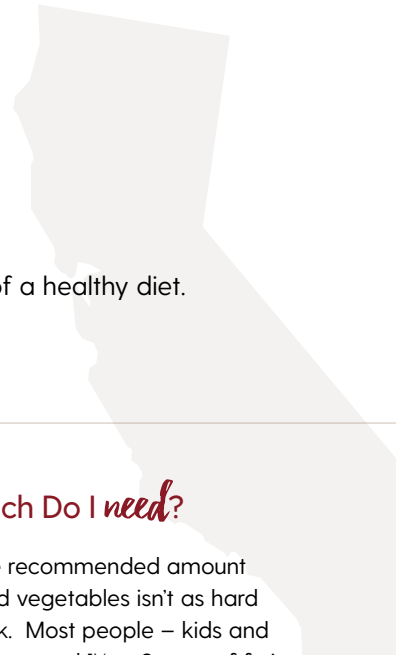


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Easy Ways To Eat More Fruits And Veggies

You know you should be eating more fruits and vegetables as part of a healthy diet. The question is, how do you do it?



bountiful Benefits

Eating a diet rich in fruits and vegetables is one of the best things you can do to promote good health. Research shows that people who eat fruits and vegetables as part of an overall healthy diet have a lower risk of heart attack, stroke, and certain types of cancer. The different nutrients in fruits and veggies—like fiber, vitamins A and C, potassium, and folate—may play a role in helping to lower blood pressure, reduce risk for obesity and type 2 diabetes and more. Plus, since most fruits and veggies are lower in calories compared to other foods, they're a great choice to help manage your weight.

How Much Do I need?

Getting the recommended amount of fruits and vegetables isn't as hard as you think. Most people – kids and adults alike – need 1½ to 2 cups of fruit and 2 to 3 cups of vegetables daily. Make it simple by putting the focus on filling half your plate at every meal – breakfast, lunch, and dinner – with fruits, vegetables, or a combination of them, and including fruits and veggies as snacks. You'll be surprised how quickly you'll reach your goal!



Try these deliciously easy ways to boost fruits and veggies in your diet:



At meals

- ✓ Top your cereal or yogurt with grapes or other fresh fruit.
- ✓ Add a serving of fruit or veggies to your lunch.
- ✓ Mix grapes into tuna or chicken salad.
- ✓ Roast veggies and fruits for enhanced flavor.
 - Roasted grapes pair well with meats, cheeses, and grains.
- ✓ Enjoy fruit for dessert; dip it in dark chocolate for a special bite.



As snacks

- ✓ Keep a bowl of fresh fruit on the table and cut up veggies in the fridge for easy pickings.
- ✓ Blend both fruit AND leafy greens into your smoothie for two servings in one!
- ✓ Enjoy frozen grapes for a cool, refreshing pick-me-up.



Super easy

- ✓ Add grapes to pre-cut veggies and bagged salad greens to make meal prep a snap.
- ✓ Take grapes wherever you go for a quick and healthy energy boost.
- ✓ Dip veggies in hummus or other bean dips, or salad dressing for added flavor.

