Fruit and Vegetable Tips

Adapted from www.ChooseMyPlate.gov

- Eat a rainbow of fruits and vegetables to look and feel your best. Choose red, orange, deep-yellow and dark-green, leafy vegetables.
- Try using spinach, watercress, romaine and butter lettuces instead of iceberg lettuce in your salad. A rule of thumb is the darker the better.
- Buy fruits and vegetables in season. They are fresher, taste better and usually cost less. Find seasonal fruits and veggies at a farmer's market near you. Visit http://apps.ams.usda.gov/FarmersMarkets/
- Try a new vegetable each week. Some of the vegetables that you did not like as a child may taste good to you now. Brussels sprouts, Swiss chard, kale, parsnips, beets, bok choy, okra, spaghetti squash, and many others may all surprise you.
- Put veggies in your cooked soups, rice and pasta dishes.
- Fill half your plate with fruits and veggies. This is a good rule of thumb for each meal.
- Keep cleaned, chopped up fruits and veggies in your refrigerator for a quick and easy snack.
- Carry fresh fruit (or dried fruit) and chopped veggies with you for a healthy bite on the go.
- Apples, oranges, and bananas make great snacks or additions to recipes. Try putting sliced apples or oranges in your salads.

- Make most of your choices whole or cut-up fruit rather than juice, for the benefits that dietary fiber provides.
- Try cooking some fruit and veggie-filled meals using a healthy cookbook for teens.

Eating recommended amounts of fruits and vegetables every day is an easy way to get the vitamins and minerals you need to stay healthy and look your best.

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