

# Creative Ways to Add Fruits and Vegetables to Your Diet

Fruits and vegetables are perfect foods for weight management! They are low in calories, high in nutrients, low in fat, and high in fiber. Take every opportunity to add them to your daily intake, they are essential to many aspects of health beyond weight loss.

Adding fruits and vegetable to your favorite dishes is simple if you use a little creativity - You might even find that it improves the taste and texture of your meals!

## Adding Fruits:

- Try a smoothie for breakfast or a cold summer snack
- Add a banana to your cereal – or try other fruits like blueberries, peaches
- Snack on dried fruit- make a mix of dried fruit, dry cereal, and nuts
- Add raisins or other dried fruit to muffins or cookies
- Add any fruit to plain yogurt- it is cheaper than buying the fruited and fresh fruit provides more nutrients (frozen fruit tastes great too!)
- Use preserves made with real fruit in place of jelly
- Make fruit pizza: sugar cookie crust, yogurt sauce, and any fresh fruit toppings (strawberries, pineapple, and kiwi are good ideas)
- Top ice cream or frozen yogurt with your favorite fruit (strawberries taste great!)
- Make caramel apples for a fun snack (most stores sell a fat free apple dip)
- Wash fruit and set it out in the kitchen (The kids might even be tempted!)

## Adding Vegetables:

- Add tomatoes, lettuce, or onion to all your sandwiches
- Stuff potatoes with mixed vegetables and add cheese or salsa
- Use frozen vegetables when fresh are out of season (Use part of a bag and return the rest to the freezer)
- Keep canned soup (Vegetable, tomato, mushroom) in cabinet for quick hot meals or add to your favorite dish (i.e. cream mushroom on chicken breasts)
- Use half spaghetti sauce and half stewed tomatoes to top your favorite pasta (stewed tomatoes are available with added herbs and provide great flavor)
- Make an omelet with any and all vegetables (i.e. green pepper, onion, tomato, and mushroom)