



## TIPS TO HELP YOU EAT MORE VEGETABLES & FRUIT



**Eating vegetables and fruit can help reduce your risk of heart disease, stroke, diabetes, and some types of cancer.**

Most are low calorie, packed with phytochemicals (the more richly coloured - red, dark green, orange, blue - the more nutrients), and a source of fibre.

Wash fresh fruits and vegetables thoroughly in water.

### **A serving is:**

- a medium-size piece of fruit
- ½ cup cooked or canned vegetables or fruit
- 1 cup of raw leafy vegetables
- ¼ cup dried fruit

**Aim to eat at least 3 fruit and 4 vegetable servings each day.**

### **Getting Started**

- Start the day with fruit on your whole grain cereal, in a smoothie, or with plain unsweetened yogurt.
- Eat fruit or vegetable sticks for snacks.
- Include vegetables with lunch – either a salad, vegetable sticks on the side, vegetable slices in your sandwich, or vegetables in soup.
- Include two vegetables or double servings of vegetables with dinner.
- Be adventurous. Try something new each week.
- Keep things fresh and interesting by combining fruits and vegetables of different flavours and

colours, like red grapes with pineapple chunks, or cucumbers and red peppers.

- Keep fruits and vegetables visible and within reach so you tend to eat them more; for instance, store cut and cleaned produce at eye-level in the refrigerator, or keep a bowl of fruit on the table.
- Put raw vegetables on the table to munch on before dinner.
- You can increase the amount of fruits and vegetables you eat at restaurants too. Try some of these healthier choices.
  - veggie pizza
  - pasta with vegetables (but watch out for those high saturated fat cream sauces)
  - fresh vegetable "wrap"
  - vegetable soup
  - small salad (instead of fries)
  - plenty of fresh vegetables from the salad bar
- Look on the other side for more ideas to keep you going.



## In A Hurry? Pack And Go!

- Buy ready-to-eat packaged pre-washed fresh vegetables and salad mixes.
- A fast food alternative? Your local supermarket may offer prepared items and a salad bar to satisfy your hunger.
- Fruits and vegetables are nature's original fast food. When it's snack time, grab:
  - Fruit - an apple or orange, or a zip lock bag and fill with sweet cherries, grapes, dried dates, figs, prunes, raisins, or apricots
  - Vegetables - carrot sticks, broccoli, or some red, yellow, and green pepper. Try dipping your vegetables in heart healthy spreads (See Rethink Your Spread for ideas)
- Blend lower fat, plain, unsweetened yogurt, and/or lower fat milk and fresh, canned, or frozen fruit to make a quick fruit smoothie.
- Buy 100 percent vegetable juice (lower sodium) to quench your thirst and satisfy one serving of your vegetable needs.



## Colourful Additions To Top Your Meals

- Try these tasty additions to add flavour to salad:
  - Green or red pepper strips, broccoli florets, carrot slices, or cucumber add crunch to your pasta or potato salad.
  - Baby carrots, shredded cabbage, or spinach leaves bring colour to a green salad.
  - Apple chunks, pineapples, and raisins perk up coleslaw, chicken or tuna salads.
  - Oranges, grapefruit, or nectarine slices add extra flavour to any salad.
- Add fresh fruit and vegetables to foods you already eat — like berries and bananas to plain, unsweetened yogurt and cereal; vegetables to pasta and pizza; and lettuce, tomato and onion to sandwiches.
- Grill fruits or vegetables. Wrap vegetables in aluminium foil, or use skewers of pineapple, yellow squash, eggplant, nectarines, zucchini, or cherry tomatoes, onions, mushrooms; or use a special grill pan. Place over medium-hot coals.
- Make homemade salsa with tomatoes, mangoes, avocados, red onions, cilantro, and lime juice.
- Make spears of fruit with strawberries, grapes, melon slices, or pineapple chunks on small skewers.
- Make a quick fruit salad: open a can of juice-packed mandarin oranges and empty into a bowl. Add sliced banana, apple, and some blueberries or raisins.

## Cooking With Fruits and Vegetables

- Use a microwave or pressure cooker to quickly "zap" vegetables to retain their nutrients.
- Kiwifruit comes with its own serving cup and cantaloupe with its own serving bowl. Just cut them in half through the middle and scoop out each half with a spoon.