

5 Tips to Reach that 5 a Day Goal

Try these tips to make sure you fit 5 fruits and veggies into your daily diet...

1. HAVE A FRUIT/JUICE AT BREAKFAST DAILY

- Wake up to a cold glass of 100% orange, grapefruit, cranberry, or tomato juice.
- Slice a banana, juicy peaches, strawberries, blueberries, or raisins into a bowl of cold cereal.
- Sprinkle a handful of soft golden raisins or dried apricots and cranberries into a bowl of hot oatmeal with cinnamon.
- Top pancakes or toaster waffles with frozen or fresh berries.
- Sprinkle frozen (thawed) or fresh berries on low-fat, vanilla-flavored yogurt.

2. HAVE A FRUIT/VEGETABLE SNACK DAILY

- Mid-morning or afternoon, open up a bag of ready to eat, crunchy carrots, pack of cherry tomatoes, or snack on a big bunch of grapes.
- Sliced peaches, pineapples or pears are only a can opener away. Look for those packed in 100% juice.
- For a quick, handy snack, try dried dates, figs, raisins, apricots or add fruit bits to trail mix.

3. STOCK UP ON DRIED, FROZEN, CANNED FRUITS/VEGETABLES

- Stock up on dried, frozen and canned varieties so that these are available when the fresh runs out. This works especially well towards the end of the week!
- When out of season, buy frozen or canned vegetables—cheaper than fresh, but just as nutritious!
- Garnish your fish or chicken with a slice of canned pineapple or canned mandarin orange slices.
- Add chopped broccoli, carrots, or frozen mixed veggies to cooked rice or pasta.

4. MAKE IT VISIBLE

- Place cut and washed vegetables, like carrot and celery sticks and pepper rings, in see through, air tight, containers or plastic bags in the refrigerator within easy reach of hungry nibblers.
- Put cleaned fruits, like bananas, apples and pears on counter tops and tables so they are the first thing everyone sees.

5. MICROWAVE VEGETABLES FOR DINNER

Use your microwave whether you're making a serving for one or more. It is a fast, easy way to prepare vegetables. Some tips for success:

- Use only microwavable containers when microwaving food
- For even cooking, cut the vegetables into same-size pieces
- Stir or rotate a ½ turn halfway through cooking
- Loosely cover food so that steam can escape, use wax paper, microwavable wrap or the cooking container's lid
- Use a fork to pierce whole, unpeeled vegetables or fruits, like potatoes, sweet potatoes, or apples, to keep them from bursting while cooking

Source: 5 A Day Program, www.fruitandveggiesmattermore.gov