

Take Off 4-Health



**REMEMBER
TO EAT
ALL YOUR
COLORS**

Choosing More Fruits and Vegetables



- Keep a bowl of fruit on the counter.
- Make fruit smoothies for a quick breakfast or snack.
- Top baked potatoes with salsa.
- Keep baby carrots or other ready-to-eat vegetables on hand.
- Add corn, carrots, peas, sweet potatoes, or beans to soups and stews.
- Top sandwiches with lettuce, tomato, and other vegetables.
- Add bananas or berries to cereal or yogurt.
- Add peppers, onions, or other vegetables to spaghetti sauce.
- Stir fry, experiment with different vegetables or use what you have on hand.
- It all counts—fresh, frozen, canned, dried and 100% juice.