

# EAT YOUR FRUITS AND VEGGIES

*Fruits and vegetables contain essential vitamins, minerals and fiber needed for a healthy diet. Enjoy these easy ways to add them to your meals!*



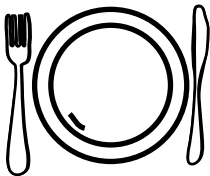
## BREAKFAST

- ▶ Try a smoothie with low-fat milk, yogurt and fruit.
- ▶ Stuff an omelet with vegetables and add your favorite low-fat cheese.
- ▶ Top waffles or pancakes with your favorite fruits.



## LUNCH

- ▶ Try crunchy vegetables instead of chips with low-fat salad dressing for dipping.
- ▶ Have a cup of vegetable soup as a meal or with a sandwich.
- ▶ Make a veggie wrap with roasted vegetables and low-fat cheese rolled inside a whole-wheat tortilla.



## DINNER

- ▶ Use vegetables as a pizza topping. Try broccoli, spinach, peppers or mushrooms.
- ▶ Add vegetables to your family's dishes. Don't let them be something pushed to the corner of the plate.
- ▶ Make fruit your dessert. Slice a banana lengthwise and top with frozen yogurt or mix berries in with whipped cream.

Go to Church Health Reader for more suggestions on healthy living: [www.chreader.org](http://www.chreader.org)

Information compiled from the American Dietetic Association

