

UP, UP, AND AWAY!

Fruits and vegetables can make your health soar

Increase Your Vegetable Intake:

Adding more vegetables to your diet can be fun! Get started with the following tips...

- Make a tasty veggie dip with a bit of nonfat plain Greek yogurt, dried dill, and lemon juice. Slice up some red peppers, carrots, and cucumbers and dip away!
- Cube sweet potatoes, regular potatoes, and a few onions, then toss them all with a little olive oil, salt, and pepper. Put everything on a rimmed baking sheet and roast in your oven for a savory vegetable dinner.
- Shred a few varieties of cabbage and a bit of broccoli into a large bowl and add vinegar for a tangy, mayo-free slaw. Make sure to have a side salad with each meal for an extra boost!

Snack on Fresh Fruit:

There are so many ways to add more fruit to your diet. Try any of the following ideas...

- Freeze grapes and blueberries for a cool and refreshing treat on a hot day.
- Puree slices of frozen banana with some cinnamon and a few ice cubes for a creamy dessert!
- For breakfast, put sliced cantaloupe, watermelon, and honeydew in a bowl and top with nonfat plain Greek yogurt.

