

# Fruits and Veggies: Part of Every Meal

According to the Dietary Guidelines for Americans, people need to increase their fruit and vegetable intake. MyPlate echoes this call, advising people to fill half their plates with fruits and vegetables at each meal. This can sound tough, but it's more simple than you think. When you play with your food, it's easy to get all the fruits and vegetables you need.

## Start with Half a Plate

Filling half your plate with fruits and vegetables is important for your health.

If you can't devote that much space to fruits and veggies during a meal, make sure that your dessert and snacks are all made of fruits and veggies.

## Half Plate Inspiration

It's easy to fill half your plate with fruits and vegetables at each meal. Try these fun combinations...

- Add a fresh salad to your lunch or dinner plate. Make sure it has both fruits and vegetables
- Make a hearty vegetable soup.
- Prepare a baked potato face like the one pictured below.

## Fruits and Vegetables Make Great Snacks

If you go the snacking route, get inspired by the following options...

- Nothing is easier to bring on the go than a piece of whole fresh fruit.
- Make a "rabbit bag" with slices of apples, oranges, carrots, and broccoli -- the juice from the oranges will keep the apples from browning.
- Pair apples and celery with a tablespoon of peanut butter.

