



All the color. All the time.

DAILY TIPS TO HELP YOU ADD COLOR

You can easily add color to every meal and snack. Try some of these practical tips that don't require a lot of changes to the way your family eats:

1. **Pack portable**, easy-to-eat fruits and veggies in your work or school bag and avoid vending machine temptations.
2. **Add frozen peas or broccoli** to rice when it's almost done cooking.
3. Add **extra veggies** to soups and stews.
4. Have a **meatless meal once a week**. Think vegetable lasagna, Portobello mushroom "burgers" or grilled veggie kabobs.
5. **Fill out a sandwich with fruits and veggies**. Try sliced or shredded vegetables like beets, carrots, celery, cucumbers, onions, peppers, radishes, tomatoes and zucchini and/or sliced fruits like apple, avocado and pear.
6. Keep frozen and canned **fruits and vegetables on hand** for when you need to throw together a meal in a hurry.
7. **Compare food labels** and choose items without sauces and too much sodium.
8. **Work fruits and vegetables** into your family's favorite dishes.
9. Make adding fruits **and veggies to meals a snap by cutting them up and keeping them in the fridge**. They'll also be handy for snacking!
10. When eating out, **ask if you can substitute a fruit cup or side salad** for fries and other less-healthy sides.
11. Top yogurt, oatmeal and cereal with **berries or sliced fruit**.
12. **Make fruit popsicles**. Freeze 100 percent juice or pureed fruit in an ice tray or popsicle mold.
13. **Add spinach, peppers or mushrooms** into scrambled eggs and omelets.
14. Enjoy **fruit for dessert** most days and limit traditional desserts to special occasions.
15. A fun and tasty way to make sure your family is eating a good variety of fruits and vegetables is to **eat as many assorted colors as you can each day**.

