

# Easy Ways to Eat More Fruits and Veggies

Try these tips for eating five cups of colorful fruits and veggies every day.

## FRUITS

### Quick and Easy

- Add fruit to your cereal, low-fat yogurt or oatmeal. Instead of sugar, try adding fruit, like peaches, to tea.
- Have fruit for dessert, like baked apples with cinnamon and raisins or poached pears with ginger and honey. Or puree frozen fruit for a quick, no-sugar-added sorbet.
- Snack on grab-and-go fruit, like apples, peaches, grapes or raisins.



### Fun Snack and Meal Ideas

- Spread peanut butter on apple or banana slices.
- Add frozen berries to pancake or waffle mixes.
- Make a fruit smoothie with low-fat yogurt and fruit. Include a banana to make it extra thick.

### Add Your Own Idea

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## VEGETABLES

### Quick and Easy

- Eat at least two vegetables with dinner.
- Add rinsed, canned beans to salad, soups and pasta sauce.
- Snack on raw veggies, like carrots, celery or cucumber.

### Fun Snack and Meal Ideas

- Add mushrooms or peppers to scrambled eggs or soup.
- Make a healthy dip by mixing corn, black beans and salsa.
- Top homemade or store-bought pizza with colorful veggies, like spinach, red peppers and summer squash.

### Add Your Own Idea

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Visit our website at [www.jsyfruitveggies.org](http://www.jsyfruitveggies.org) for more great recipes!

For more information about Stellar Farmers' Markets, visit [www.nyc.gov/health/farmersmarkets](http://www.nyc.gov/health/farmersmarkets)



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