

Make Fruits and Veggies the Foundation of Your Diet



WHY

Countless studies indicate that people who eat the most fruits and vegetables have a reduced risk for developing diseases like cancer, diabetes, and cardiovascular disease compared with those who eat the least. Aim to eat produce from every color group (white, red, orange and yellow, green, blue and purple) everyday. The compounds that give fruits and vegetables their bright colors also function as antioxidant and anti-inflammatory agents in the body.

HOW

Every Time You Eat: Try to include some kind of produce into every meal and snack

- Breakfast
 - Oatmeal with ½ cup berries or ½ cup canned pumpkin with ½ diced apple
 - Omelet with 1 cup of chopped veggies, spinach, and garlic + topped with salsa
 - Whole grain toast, topped with nut butter and ¼ cup smashed raspberries
- Lunch and Dinner
 - Check out how to fill **Half the Plate**
- Snacks
 - Veggies or fruit on their own
 - Cottage cheese or plain yogurt with ½ cup peaches, berries, pineapple (frozen or fresh)
 - Hummus with broccoli, carrots, bell peppers, snap peas
 - Crispbread crackers with slice of cheese & apple or pear slices
 - Handful of dried fruit
 - A piece of dark chocolate with a handful of berries

Half the Plate: Fruits and veggies should fill at least half your plate.

- Salad - At least 1 cup packed green leafies, plus other produce (carrots, tomatoes, onion, cucumber, apples, oranges, dried cranberries, etc.)
- Roasted Veggies - Lightly coat vegetables with oil, season with salt and pepper, and roast at 425°
 - Roots (potatoes, carrots, beets, onions): 30-45 minutes
 - Winter squash (butternut, acorn): 30-60 minutes (depending on how small you cut them)
 - Soft veggies (bell peppers, summer squash): 10-20 minutes
 - Thin veggies (green beans, asparagus): 10-20 minutes
- Stir Fry: On medium-high heat, heat cooking oil, toss in veggies for ~5-10 minutes until veggies are tender, but crunchy
- Steamed: Great for broccoli, cauliflower, spinach, green beans, carrots. Aim for crunchy, not soft and soggy!
- Fruit Salad:
 - Chop 1-1.5 cups of any combination of fruits
 - Make sauce of 1 tsp vegetable oil, 1 tsp honey, 2 tsp lime juice, 1 Tbsp chopped mint
 - Coat fruit with sauce. Enjoy!