

Nutrition Nutshell:

Tips For Adding More Fruits And Vegetables To Your Daily Food Plan

- Use more fruits and vegetables as snacks. Serve raw vegetables with a reduced-fat ranch dip and fruit with a low-fat yogurt dip to enhance appeal.
- Add fruit (raisins, banana chunks, sliced strawberries) to cereals, oatmeal, and yogurt.
- Keep raisins or grapes in the freezer for a quick "frozen snack."
- Add extra vegetables to soup.
- Enhance salads with reduced-fat cheese and artificial bacon bits to increase acceptance and intake.
- Toss fresh spinach leaves in a salad.
- Make a "yogurt shake" with fresh fruit such as bananas and strawberries, yogurt, and milk.
- Keep packaged frozen fruit in the freezer for "last-minute" use in muffins, quick breads, and shakes.
- Stir-fry vegetables with a little low-sodium soy sauce for a quick different flavor.