



## ***Nutrition Facts***

# **10 Easy Ways to Increase Your Fruit and Vegetables Intake**

### **Why should you increase your fruit and vegetable intake?**

Fruits and vegetables provide a wide range of vitamins and minerals. They include fiber and phytochemicals that the body needs to maintain good health and reduce the risk of cancer and heart disease. It is recommended that 2 cups of fruit and 2 1/2 cups of vegetables are consumed daily.

### **THE FOLLOWING 10 TIPS CAN HELP YOU MEET YOUR GOAL!**

- 1. Enhance the flavor:** Use low-calorie dips and sauces to eat with your vegetables.
- 2. Stuff your sandwich:** Add extra vegetables to your sandwich.
- 3. Frozen vegetables are cheaper:** Use frozen vegetables to incorporate in pasta, rice or omelets. They contain the same nutrient quality as fresh vegetables.
- 4. Hide your vegetables:** Puree any vegetable and incorporate it into ground beef, chicken or turkey meat; no one will ever know!
- 5. Make a healthy pizza:** Dice your favorite vegetables and use them on a pizza.
- 6. Enhance your cereal:** Add fresh or dried fruit, such as raisins or strawberries, to your morning cereal.
- 7. Make a shake:** Make a healthy fruit shake using fresh or frozen fruit, low-fat milk or low-fat yogurt, orange juice and ice.
- 8. Chopping makes it easy:** Take the time to chop your fruit and make a fruit salad.
- 9. Drink your fruit:** Have a small glass of juice (4-6 fl oz) with breakfast.
- 10. Make a healthy snack:** Snack on fruits and vegetables. They can be easy to take and eat away from home.



Ask the Dietitian  
County of Los Angeles,  
Public Health Nutrition Program  
[www.lapublichealth.org/nutrition](http://www.lapublichealth.org/nutrition)

