Tips for Increasing Fruits and Vegetables

1. **Make a change at the grocery store**
   Try buying a variety of fruits and vegetables instead of chips or processed snack foods at the grocery store. Having these healthier foods on hand will get you into the habit of snacking on fruits and vegetables rather than processed snack foods.

2. **Change how you cook**
   Include fruits and vegetables in the meals you regularly prepare. Next time try topping oatmeal or yogurt with strawberries or including steamed spinach in an omelet. Making these small and tasty changes will help you meet the recommendation of half of your plate being filled with fruits and vegetables.

3. **Prepare ahead of time**
   It is helpful to wash and slice vegetables as soon as you buy them. Pack carrots and celery with hummus or sliced apples with almonds as a snack.

4. **Purchase fruits and vegetables in season**
   Seasonal fruits and vegetables are less expensive and will allow you to vary your diet from season to season! Try shopping at farmers markets or local vegetable stands.

5. **Make use of your freezer**
   Make it a habit to fill your freezer with a variety of different frozen fruits and vegetables. This way you will always have vegetables on hand to use when cooking or fruits to use in a smoothie.

6. **Try a new recipe**
   For dinner prepare a vegetable stir fry by adding broccoli, carrots, mushrooms, snap peas. Puree vegetables such as carrots and zucchini into pasta sauces.

7. **Incorporate fruit into desserts**
   Try mixing berries into lowfat Greek yogurt and drizzle raw honey on top. This simple dessert is delicious and healthy!

8. **Make small steps at first**
   Make it a goal to include one fruit or vegetable at every meal. This can help you get into the habit of eating more fruits and vegetables each day. You can also keep a fresh bowl of fruit on the counter that you can snack on.

9. **Check out MyPlate.gov**
   This site has many fun and helpful tips and information about increasing fruit and vegetable consumption.

10. **Get the family involved**
    Have your child select the fruits and vegetables they would like to try next time you are at the grocery store. Get them involved in the kitchen by having them help wash the produce they picked out. Involving your child will encourage them to be excited about eating fruits and vegetables.

Adapted from [www.choosemyplate.gov](http://www.choosemyplate.gov)