



# More Matters!

## Fruits and veggies... for breakfast, lunch and dinner!

### Breakfast

- Stir low-fat or fat-free granola into a bowl of low-fat or fat-free yogurt. Top with sliced apples or berries.
- Have fruit as a mid-morning snack.
- Add strawberries, blueberries, or bananas to your waffles, pancakes, cereal, oatmeal, or toast.
- Top toasted whole-grain bread with peanut butter and sliced bananas.
- Add vegetables like bell peppers, broccoli, spinach, mushrooms or tomatoes to your egg or egg white omelet.

### Lunch & Dinner

- Place a box of raisins in your child's backpack and pack one for yourself too!
- Add lettuce, tomato, onion, and cucumber to sandwiches.
- Ask for more vegetable toppings (like peppers, mushrooms, and onions) and less cheese on your pizza.
- Order salads, vegetable soups, or stir-fried vegetables when eating out.
- Add some cooked dry beans to your salad. Or, if you have a sweet tooth, add chopped apples, pears, or dried cranberries.
- Choose beans, corn on the cob, or a side salad with low calorie salad dressing instead of French fries.
- Add broccoli, green beans, corn, or peas to a casserole or pasta.
- Have soup! You can stick with the basics like tomato or vegetable soup or mix up some minestrone or veggie chili to cut winter's chill. When possible, choose soups and broths with less sodium.
- Try eating at least 2 vegetables with dinner.

### Remember...

Canned, dried, and frozen fruits and vegetables are also good options. Look for fruit without added sugar or syrups and vegetables without added salt, butter, or cream sauces.

Source: [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

