REDY’S RULES

Try it!
• Try fruits and veggies different ways and try at least a couple of bites each time. It can take 7 to 10 tries before you like a new food, so be open to trying again and again. It may become your new favorite!

• Many fruits and veggies taste great with a dip or dressing. Try salad dressing, yogurt, nut butter, or hummus.

• Make a fruit smoothie with yogurt.

Mix it!
• Add veggies to foods you already make, like pasta, soups, casseroles, pizza, rice, etc.

• Add fruit to your cereal, pancakes, or other breakfast foods.

Slice it!
• Keep washed and chopped veggies and fruits in the fridge so they are ready to grab and eat.

• Most people prefer crunchy foods over mushy ones. Enjoy vegetables fresh or lightly steamed, and avoid overcooking.

Did you know?
A diet rich in fruits and vegetables provides vitamins, minerals, and phytonutrients, important for supporting growth and development, and for optimal immune function.