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.

- Aim to have at least one veggie at every meal.

Mix it!

- Add veggies to foods you already make, like pasta, soups, casseroles, pizza, rice, omelets, tuna fish salad, etc.

- Add fruit to your cereal, pancakes, and chicken salad.

- Make a fruit smoothie with yogurt.

Slice it!

- Keep washed and chopped veggies and fruits in the fridge so they are ready to grab and eat.

- Have fresh fruit with cheese wedges as a dessert.

- Make fruit or veggie kebabs for parties.

- 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.