

## Top Your Meals The 5 A Day Way

- Try these tasty additions to add flavor to your 5 A Day salad:
  - Green or red pepper strips, broccoli florets, carrot slices, or cucumber add crunch to your pasta or potato salad.
  - Baby carrots, shredded cabbage, or spinach leaves bring color to a green salad.
  - Apple chunks, pineapples, and raisins perk up coleslaw, chicken or tuna salads.
  - Oranges, grapefruit, or nectarine slices add extra flavor to any salad.
  - Fruit juice, flavored vinegars, or herbs make low-fat salad dressings flavorful without adding fat or salt.
  - Wake up with 5 A Day! Add sliced banana, blueberries, or raisins to cereal.
- Add fresh fruit and vegetables to foods you already eat — like berries and bananas to yogurt and cereal; vegetables to pasta and pizza; and lettuce, tomato and onion to sandwiches.
- Put some punch into your party by blending 100 percent fruit juices to create a refreshing new juice. Try mixing pineapple, orange, grapefruit, or other fruit juices. Add a slice of lemon or lime as a garnish.

## Cooking With 5 A Day

- Using a microwave is fast and fun. Use a microwave or pressure cooker to quickly "zap" vegetables or a potato and retain their nutrients.
- Grill fruits or vegetables. When grilling, wrap vegetables in aluminum foil, or use skewers of pineapple, yellow squash, eggplant, nectarines, zucchini, or cherry tomatoes, onions, mushrooms. Place over medium-hot coals for a fun-to-eat and flavorful BBQ treat.
- Make a quick smoothie in the blender by puréeing peaches and/or nectarines, a touch of your favorite fruit juice, crushed ice, and a light sprinkling of nutmeg.
- Make homemade salsa with tomatoes, mangoes, avocados, red onions, cilantro, and lime juice.
- Looking for a fun appetizer when you entertain? Try making spears of fruit by attaching strawberries, grapes, melon slices, or pineapple chunks onto small skewers. Use low-fat or non-fat yogurt for a dip.
- Here's a quick fruit salad you can make in less than a minute. Open a can of juice-packed mandarin oranges and empty into a bowl. Add a sliced banana, a sliced apple, and some blueberries or raisins. There you have it—a quick way to 5 A Day.
- Cool off with a great treat! Pour 100 percent fruit or vegetable juice into an ice cube tray or popsicle mold to make juice cubes or popsicles.
- Sometimes you can eat some of your 5 to 9 A Day in its' own container. Kiwifruit comes with its own serving cup and cantaloupe with its own serving bowl. Just cut them in half through the middle and scoop out each half with a spoon.

## **Tips for snacks**

- Make your own smoothies by blending together frozen fruit, such as sliced bananas or strawberries, and milk and/or 100% fruit juice.
- Drink 100% fruit and vegetable juices in place of high-calorie drinks, such as soft drinks. Remember, one serving is 6 ounces or  $\frac{3}{4}$  of a cup.
- Have cut-up raw vegetables and dip for an afternoon snack. Cut them or buy the pre-packaged ones. Broccoli, carrots, and cauliflower are nutritious choices.
- Snack on the perfect grab-n-go foods: fresh apples, ripe plums, pears, carrots, and celery. Have these foods washed and ready for eating on your refrigerator shelf.
- Keep dried fruit and nuts in your desk or file drawer for quick and easy mid-morning or mid-afternoon snacks.
- Keep things fresh and interesting by combining fruits of different flavors, like red grapes with pineapple chunks.
- When it's snack time, grab an apple or orange, or make a ready-to-eat bag of sweet cherries.
- Pack ready-to-eat fruits and vegetables for a convenient snack on the go.
- On your way out the door? Take along some healthy 5 A Day snacks like celery sticks, an apple, a banana, or a box of 100% fruit or vegetable juice.
- Cool off with a great treat. Pour 100% fruit or vegetable juice into an ice cube tray to make juice cubes.
- Get juicy. Buy 100% fruit or vegetable juice to quench your thirst and satisfy one of your 5 A Day servings.
- For a quick, handy, take-along 5 A Day snack, try dried dates, figs, dried plums, raisins, apricots, and others.

## **Tips for Breakfast**

- Add raisins, berries, and other fresh or dried fruits to your cereal.
- Here's a great way to get some of your 5 A Day. Buy low-fat yogurt, fruit juice, and fresh, canned, or frozen fruit to blend a quick fruit smoothie.
- Start the day off with a 12-ounce glass of 100% fruit or vegetable juice. This counts as two servings and puts you well on your way to five.
- Wake up with 5 A Day! Add sliced banana, blueberries, or raisins to cereal.

- Drink 100% fruit juice in easy-to-tote boxes or cans.
- Make a quick smoothie in the blender by puréeing peaches and/or nectarines, a touch of your favorite fruit juice, crushed ice, and a light sprinkling of nutmeg.
- Keep a big bowl of ripe summer fruit on the table for passers-by to pick up on their way out.
- Get juicy. Buy 100% fruit or vegetable juice to quench your thirst and satisfy one of your 5 A Day.

### **Tips for Lunch and Dinner**

- Eat sandwiches or wraps that include several vegetables, such as mushrooms, tomatoes, sprouts, green peppers, cucumbers, or other raw vegetables.
- Include a mixed green salad or a vegetable soup with your lunch or dinner.
- After a run or walk on your lunch break, snack on some power food — fruits and vegetables. And quench your thirst with 100% juice!
- Choose a baked potato or sweet potato in place of French fries.
- Add crunch and color to pasta or potato salad with green or red pepper strips, broccoli florets, carrot slices, or cucumber.
- When grilling, be sure to wrap vegetables in aluminum foil. Or grill skewers of pineapple, eggplant, nectarines, zucchini, or cherry tomatoes.
- Bring color or character to your salads by sprinkling in baby carrots, shredded cabbage, or spinach leaves.
- Perk up deli salads like coleslaw, chicken, or tuna with apple chunks, pineapple, or raisins.
- Grill fruit or vegetable skewers over medium-hot coals for a fun-to-eat and flavorful BBQ treat.
- Toss grapefruit and/or orange sections in a fresh crunchy salad of mixed greens. The sweet citrus and crisp lettuce are an incredible wake-up call for the taste buds, and the juice from the segments moistens each leaf.
- Make homemade salsa with tomatoes, mangoes, avocados, red onions, cilantro and lime juice.
- You can get some of your 5 A Day at a restaurant too. Try vegetable pizza, vegetable

pasta (but watch out for cream sauces), or a fresh vegetable “wrap.” Instead of French fries, order a plain baked potato, vegetable soup, or a small salad.

- Try tossing fruit into your green salads. Oranges, grapefruit, or nectarine slices add extra flavor to your 5 A Day salad.

## Desserts

- For dessert, try fresh fruit, such as cut-up melon, fresh strawberries, or raspberries.
- Top off a bowl of frozen yogurt or low-fat ice cream with berries or sliced fresh fruit. They add flavor and texture and are an easy way to meet your 5 A Day goal.

## Tips for Kids

Make eating fruits and vegetables fun for kids!

- Decorate dishes with fruit and vegetable garnishes.
- Top off a bowl of cereal with a smiling face featuring sliced bananas for eyes, raisins for a nose, and an orange slice for a mouth.
- Let’s draw a picture. You can use broccoli florets for trees, carrots, and celery for flowers, cauliflower for clouds, and a yellow squash for a sun. When you’re all done, you can eat your masterpiece and get your recommended 5 A Day!
- Eat dried fruit instead of candy.
- Make frozen fruit kabobs for kids using pineapple chunks, bananas, grapes, and berries.
- Go shopping with your children and let **them** pick out a new fruit and vegetables to try.

## Shopping Tips

- Ready to eat now? Your local supermarket offers plenty of prepared items, including sliced melons, fresh pineapple, salad mixes, and a salad bar.
- Need something to munch on? Buy pre-cut vegetables (packaged or from the salad bar) for brown bag lunches. Try dipping your vegetables in low-fat or non-fat salad dressing.
- Buy ready-to-eat packaged fresh vegetables that are already cleaned.

- Pre-cut vegetables and salad mixes are a terrific 5 A Day time-saver. You'll find them at your local supermarket.
- In a hurry for a 5 A Day treat? Pick fruits and vegetables that require little peeling or chopping, like baby carrots, cherry tomatoes, asparagus, grapes, apples, or broccoli spears.
- A trip to the salad bar can help you get to your recommended 5 A Day. Select plenty of raw vegetables.