



# Enjoy!



## At least 5 vegetables and fruits every day



### Supports better health:

Reduces the risks of heart disease, stroke, high blood pressure, type II diabetes and certain types of cancer.



### Supports physical health:

Helps with growth and development.  
Strengthens your immune system.  
Maintains healthy bowels.  
Supports better vision.

## Tips to enjoy vegetables and fruits

- Prepare vegetables and fruits in different ways to make them even more tasty (roasted, steamed, stir fried, etc.).
- Many vegetables and fruits taste great with a dip or dressing. Try them with salad dressing, yogurt, nut butter, or hummus.
- Add vegetables to foods you already enjoy, like pasta, soups, casseroles, pizza, rice, etc.
- Wash and cut vegetables and fruits so they are ready to grab and eat. Remember to place them where they will be seen.
- Most people prefer crunchy foods over mushy ones. Enjoy uncooked or lightly steamed vegetables and avoid overcooking.
- Add fruit to your cereal, pancakes, or other breakfast foods.

### Did you know?

Frozen vegetables and fruits are as healthy as fresh. They also take less time to prepare and are often less expensive.

