TIPS FOR EATING FRUITS AND VEGETABLES

PLANNING

Think about when it’s easiest to fit fruits or vegetables into your day.
   Purchase your favorites in amounts you know you can eat.
Convenience is OK — buy fresh already cut up or frozen vegetables for quick snacks or meal add-ins.
Stock your kitchen space with several of your favorite fruits and veggies.
Prep ahead: cut up fresh veggies, make a large salad, or try oven roasting large batches of veggies.

KEEPING HANDY

Store produce in the most visible spot possible (e.g., on the middle shelf of refrigerator, or on the counter or a shelf).
Place fresh fruit, baby carrots, sliced cucumber, grape tomatoes or other cut up veggies on your desk or table when studying; add your favorite dip to make them tastier!
Carry dried fruit or applesauce packets for a quick snack.
Freeze grapes, berries, bananas and have as a refreshing snack!

EATING FIRST

Start your day with fruit or veggies at breakfast: sweeten oatmeal, cereal, yogurt, or toast with fruit. Make a fruit and veggie-loaded smoothie. Add veggies to eggs, top eggs with salsa, or top toast with tomatoes.
   Eat a salad or other vegetable before your meal—or as you’re cooking.
Identify where to find fruits and veggies in the dining halls and put them on your plate first!

ADDING IN

Double the amount of veggies called for in a recipe — this works well for most casseroles, soups, pastas, etc.
Add veggies to your favorite meals — add extras to sandwiches or wraps, add cooked vegetables into soup (canned or in dining hall), cook frozen vegetables with pasta/noodles top with sauce or cheese.
Challenge yourself to add one fruit and/or vegetable to at least one of your meals each day!
   Add at least one vegetable or fruit at a snack.

WHY EAT FRUITS AND VEGETABLES?

Energy — fruits and vegetables contain carbohydrates, which are an essential fuel for physical and mental energy.
Brain power — the vitamins and minerals in fruits and vegetables are essential for brain health supporting both academic success and mental health.
Build immunity — vitamins and minerals support your immune system to prevent illness or help with recovery.
Decrease inflammation — antioxidants in fruits and vegetables decrease inflammation that can occur after a tough workout. They decrease the risk of many health conditions that are linked to inflammation.
Natural and unprocessed — most fruits and vegetables are minimally processed and low-cost compared to supplements.

MORE TIPS: https://fruitsandveggies.org or https://www.heart.org