Think Healthy. Think Color.

YUM!

fruits&veggies WHAT'S A **SERVING?**

Eating the recommended amount of fruits and vegetables is so easy. Try drinking orange juice at breakfast and having an apple for a snack. Then enjoy a salad at lunch and 2 vegetables at dinner. **IT'S THAT SIMPLE.**

FRUITS

½ cup fruit (4 large strawberries)

¾ cup 100% juice

¼ cup dried fruit

VEGETABLES

1 cup leafy vegetables

1 cup raw, non-starchy vegetables

½ cup cooked, non-starchy vegetables

½ cup tomato or vegetable juice

For more information on where to find the freshest South Dakota grown fruits and veggies, please visit: **www.sdlocalfood.org**

HOW DO YOU FIT A **RAINBOW** OF FLAVOR INTO YOUR DIET?

Try some of these quick and simple tips to help you **GET MORE** fruits and veggies in your diet!

- Top your morning cereal, waffles, pancakes or yogurt with ½ cup of fresh fruit.
- Mix in vegetables like broccoli, spinach, mushrooms, bell peppers or tomatoes into your egg or egg white omelet.
- Add cooked, mashed sweet potatoes or carrots into your kids' mac & cheese or grilled cheese.
- Include sliced or diced red peppers, chopped spinach and shredded carrots into each layer of your lasagna.
- Dress up taco night with more veggies like red, yellow or green peppers, avocado and fresh homemade salsa.
- Try substituting fresh spinach for iceberg lettuce on sandwiches and in salads.
- Add pureed vegetables to any pasta sauce, soup or stew.
- While fresh is always a great choice, don't forget that canned and frozen fruits and vegetables are often just as nutritional and can add color and flavor to every meal.