



# WIN (Wellness IN) the Home

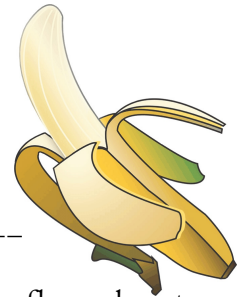
## Give it a Try



I have set a goal to eat at least 5 fruits and vegetables every day. Eating a variety of fruits and vegetables help protect us from cancer, heart disease and other major illnesses. I am tracking my progress over several weeks and would like your help! Please look over this list with me and check things we can do to eat more fruits and vegetables. Let's post this on the refrigerator - and give it a try!

### Breakfast

- Mix chopped fruit in cereal, muffins or pancakes.
- Layer fruit, granola and yogurt in a tall glass for a fabulous parfait.
- Make yummy smoothies with fruit, yogurt and milk in the blender.
- Add a side of fruit to any breakfast.
- Other \_\_\_\_\_

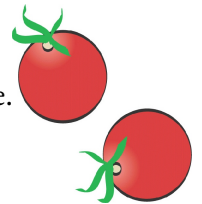


### Lunch

- Make a peanut butter and banana sandwich sprinkled with raisins for a flavor burst.
- Prepare small bags of pre-washed, ready-to-eat vegetables.
- Use a tortilla to wrap meat, cheese and vegetables like spinach, tomatoes, cucumbers, mushrooms - imagine the possibilities!
- Add an orange, banana or apple to any lunch - once sliced, its gone in a flash!
- Other \_\_\_\_\_

### Dinner

- Add grated vegetables (such as carrots) to other dishes like meatloaf, spaghetti sauce and tuna salad.
- Let me help select and prepare fruits and vegetables for dinner.
- Add fresh, frozen or canned vegetables to pasta or rice dishes.
- Stuff a baked potato with a chopped vegetable and top with Parmesan cheese.
- Make a pot of soup with any combination of vegetables we have on hand.
- Other \_\_\_\_\_



### Snacks

- Keep ready-to-eat fruits and vegetables on the counter or handy in the refrigerator.
- Dip fresh vegetables in a creamy yogurt dip.
- Make a banana split using vanilla yogurt, chopped fruits and crunchy cereal.
- Mix chopped dried fruits (apricots, figs, raisins) with almond slices and low-fat granola cereal for a great trail mix.
- Other \_\_\_\_\_

### Anytime

- Take me along to the grocery store and let me pick a new fruit or vegetable to try.
- Roll an orange on the table until soft. Cut a small slit and insert a straw. Drink, then peel and eat.
- Be my role model by enjoying at least 5 fruit and vegetable servings each day with me.
- Help me find fruits and vegetables on school, restaurant and fast food menus.
- Help me grow a vegetable in a small container or in the garden.

