

# Eat Fruits and Vegetables For Good Health

## Breakfast

- ★ Add sliced fruit to cereal
- ★ Drink a glass of fruit juice
- ★ Eat a dish of fresh fruit
- ★ Top waffles, French toast or pancakes with fruit
- ★ Add chopped vegetables to eggs or omelettes
- ★ Top poached eggs with shredded spinach
- ★ Use fruit and vegetable slices as a plate decoration



## Lunch

- ★ Have a garden salad with fresh vegetables in season
- ★ Make a veggie sandwich with lettuce, tomato, onion
- ★ Eat a hearty vegetable soup
- ★ Try a fresh fruit salad with lemon yogurt dressing. Include crunchies like carrot sticks, broccoli & cauliflower
- ★ Fill a taco or burrito with beans, cheese and diced vegetables
- ★ Try something new as a family food adventure

## Ways your family can eat more fruits and vegetables

Eating fruits and vegetables each day is an important way to help promote health and prevent disease. (Check <http://mypyramid.gov> for recommended amounts.) To get the most nutrients, choose a variety of different kinds – and eat canned, frozen and dried as well as fresh.

## Dinner

- ★ Include at least one vegetable side dish
- ★ Add chopped vegetables to rice and grain dishes
- ★ Serve main dishes that are mostly vegetables
- ★ Always serve a salad with dinner. For variety, change what's in it
- ★ Drink a glass of vegetable juice
- ★ Serve roasted vegetables as the main course
- ★ For dessert, top frozen yogurt with fresh fruit
- ★ Serve fresh fruit or fruit crisps and cobbler for dessert

## Snacks

- ★ Serve strips of raw vegetables with low calorie dip
- ★ Drink fruit or vegetable juice
- ★ Eat a piece of whole fruit
- ★ Add fruit to gelatin
- ★ Add fruits and berries to muffins, cakes or cookies
- ★ Serve crackers topped with cream cheese and fresh vegetables like zucchini, broccoli, carrots, radishes



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# Oregon's Healthy Harvest

Look for these fresh Oregon grown  
**fruits** and **vegetables** at your local market.

Asparagus  
Green beans  
Broccoli

Cauliflower  
Corn  
Cucumbers

Peas  
Peppers  
Tomatoes

Cabbage  
Lettuce  
Spinach

Beets  
Carrots  
Garlic

Onions  
Potatoes  
Rutabagas

Pumpkins  
Winter squash  
Turnips

Blackberries  
Blueberries  
Raspberries  
Strawberries  
Gooseberries

Apples  
Apricots  
Cherries  
Peaches  
Pears  
Plums  
Hardy Kiwifruit

Cantaloupe  
Rhubarb