

Ways to Enjoy More Fruits, Vegetables, Whole Grains and Dairy



To get the most nutrition out of your calories, choose foods packed with vitamins, minerals, fiber and other nutrients—and lower in calories. Pick fruits, vegetables, whole grains and fat-free or low-fat dairy more often. Be aware of portion sizes. Even low-calorie foods can add up when portions are larger than you need.

- 1. Variety abounds when using vegetables as pizza topping. Try broccoli, spinach, green peppers, tomatoes, mushrooms and zucchini.**
- 2. Get saucy with fruit: Puree berries, apples, peaches or pears for a thick, sweet sauce on grilled or broiled seafood or poultry, or on pancakes, French toast or waffles.**
- 3. Mix up a breakfast smoothie made with low-fat milk, frozen strawberries and a banana.**
- 4. Heat leftover whole-grain rice with chopped apple, nuts and cinnamon.**
- 5. Make a veggie wrap with roasted vegetables and low-fat cheese rolled in a whole-wheat tortilla.**
- 6. Try crunchy vegetables instead of chips with your favorite dip or low-fat salad dressing.**
- 7. Grill colorful vegetable kabobs packed with tomatoes, green and red peppers, mushrooms and onions.**
- 8. Banana split: Top a sliced banana with a scoop of low-fat frozen yogurt. Sprinkle with a tablespoon of chopped nuts.**
- 9. Add color to salads with baby carrots, grape tomatoes, spinach leaves or mandarin oranges.**
- 10. Prepare instant oatmeal with low-fat or fat-free milk in place.**