

Power Pack Your Day

Source: <http://www.5aday.gov>

Here is some easy way to fill your day with fruits and vegetables as part of your healthy diet.

- Stir low-fat or fat-free granola into a bowl of low-fat or fat-free yogurt. Top with slice of apple or frozen berries.
- Add vegetables, such as diced tomatoes and onions, to your egg or egg white omelet.
- Have some fruit as a mid-morning snack.
- Make fruits and vegetables about half your plate.
- Munch on raw vegetables with a healthy low-fat or fat-free dip
- Put grapes and banana slices on wooden skewers and freeze for “fruit on a stick”
- Add frozen vegetables to a casserole or pasta. Try broccoli, peas and corn
- Ask for more vegetable toppings (like broccoli and spinach) and less cheese on your pizza.