The Possibilities of Produce

Want to get more fruits and vegetables in your life today? Check out these great produce possibilities:

• **Have fruits and vegetables, will travel.** Take fruits and vegetables with you to work. Try:
  – keeping a box of raisins on hand for a quick snack
  – bringing a banana to work for a great way to get potassium
  – adding sliced tomatoes, cucumbers, sprouts, lettuce, or your other favorite vegetable to your sandwich
  – crunching on some baby carrots at lunch

• **Go nuts.** If you’re thinking about grabbing a candy bar for an energy boost, why not give nuts a try instead? Peanuts, walnuts, pecans, or just about any kind of nut is loaded with protein and minerals to give you the energy you need for your long day.

• **Buy at the right time.** Fruits and vegetables are cheaper when you buy them in season, and they taste better.

• **Chug some phytochemicals.** If you like juice, 100% fruit juice is a great choice—but don’t overdo it. Limit it to 1 or 2 servings a day to avoid taking in too many calories, and eat whole fruit for the rest of your fruit servings.

• **Bring out the beans.** They are cheap, versatile, tasty, and loaded with fiber. Plus, they are a good source of protein, which gives you long-lasting energy. Add chickpeas or kidney beans to salads. Or buy a flip-top can of one serving of baked beans, and eat them right out of the can at work.

• **Find the freezer section.** Frozen vegetables are easy to store and easy to cook. They’ve got the same amount of vitamins and minerals as fresh vegetables, and are often cheaper, too. Try adding 1/2 cup per serving of frozen mixed vegetables to a canned soup or frozen entrée.

• **Get the family into fruits and vegetables.** Bring healthy eating home by:
  – cooking with recipes that use new fruits or vegetables
  – agreeing as a family to try one new fruit or vegetable each week
  – asking your child or partner to help you plan meals that feature fruits and vegetables
  – remembering that children learn from their parents’ example—if kids see you eating healthy, they’ll want to do the same