

# Fruits and Vegetables

## Easy and tasty

Fruits and vegetables have nutrients to help us grow strong and stay healthy. They also have nutrients that help fight cancer, stroke and heart disease. Fruits and veggies taste great and make our plates colorful!

Here are some ways to add them to your meals:

### Breakfast

- Wake up to a cold glass of 100 percent juice like orange, tomato or grapefruit.
- Slice fresh fruit – a banana or peach – into a bowl of cold cereal.
- Microwave hot oatmeal with cinnamon and add chopped apple or pear.
- Top toaster waffles, pancakes or French toast with frozen or fresh berries.
- Stir fresh or dried fruit like raisins in yogurt.

### Lunch

- Top your favorite sandwich with romaine lettuce, spinach or tomatoes.
- Serve canned peaches or baked beans with a sandwich.
- Enjoy a bowl of vegetable soup – cold gazpacho or hearty mixed veggie.
- Support your local salad bar and enjoy a plate with leafy greens.
- Carry an apple or banana for dessert.
- Add fruits like mandarin oranges to salads.

### Snacks

- Eat baby carrots with low-fat ranch dressing or hummus.
- Get refreshed with a glass (or small carton) of 100 percent juice or juice blend.
- Pack trail mix with dried fruit – apples, apricots or pineapple.
- Spread peanut butter on a banana or apple.
- Enjoy a fruit topping on low-fat yogurt or ice cream.
- Make fruit kabobs using banana slices, grapes and whole berries.



### Dinner

- Top your pizza with onions, mushrooms, peppers or pineapple.
- Stir-fry lean beef with colorful veggies like broccoli, red peppers and carrots.
- Add frozen vegetables – peas, corn or a variety – to casseroles or soups.
- Spice up your dinner with a bean burrito topped with salsa, tomato and romaine lettuce.
- Serve fruit as a garnish or for dessert.
- Add fruits like pineapple chunks to meat or chicken kabobs.

*More tips to help you eat fruits and vegetables, online at [mypyramid.gov/pyramid/fruits\\_tips.html](http://mypyramid.gov/pyramid/fruits_tips.html) and [mypyramid.gov/pyramid/vegetables\\_tips.html](http://mypyramid.gov/pyramid/vegetables_tips.html).*



## Save money

Fruits and vegetables in season are the best buys. Go to your local farmers market where you may find in-season bargains. Do you get food stamps? You can buy seeds and plants with your EBT (electronic benefit transfer) card and grow your own.

*Go online to [dss.mo.gov/fsd/fstamp/](http://dss.mo.gov/fsd/fstamp/) for more information.*

## Tips for the grocery store

- Choose 100 percent pure fruit juice. You pay for water and sugar when you buy drinks, punches and ades.
- Frozen concentrates are often the cheapest kind of juice.
- Buy whole fruits and vegetables and prepare them yourself to save money.
- Look at grocery store flyers to see what is on sale.
- Buy plain or frozen vegetables and add your own seasoning instead of buying vegetables in sauces.
- Buy store brands, not national brands or brand names. When looking on the shelf at canned fruits or vegetables, remember that bargains are usually on the top or bottom shelves, not eye level.
- Avoid buying fruits and vegetables at convenience stores — you'll pay more.

Looking for information about food, nutrition and health? Go online to [missourifamilies.org/](http://missourifamilies.org/).  
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