



## Sample menu:

### Getting your fruit and vegetables each day!

Eating more fruits and vegetables is easy, especially if you have a plan. The following guidelines can help you develop your plan.

**At every meal and snack eat at least one portion of a fruit or vegetable.**

#### Breakfast

- Start your morning off with a glass of 100% fruit juice.
- Add sliced bananas to cereal.



#### Morning Snack

- Eat a piece of fruit like a banana, apple, orange or pear.



#### Lunch

- Eat a salad with your lunch.
- Slice a tomato for your sandwich.
- Have a hearty vegetable soup.
- Have a piece of fruit for dessert.



#### Afternoon Snack

- Munch on raw vegetables like celery sticks or baby carrots.
- Use salsa or low-fat yogurt as a dip.



#### Dinner

- Eat 2 different vegetables such as broccoli and carrots.
- Add extra vegetables to your favorite recipes.
- Enjoy a fruit salad.



### More Tips

- Every day eat at least one [vitamin A](#) rich fruit or vegetable, such as cantaloupe, carrots, sweet potato, spinach or broccoli.
- Every day eat at least one [vitamin C](#) rich fruit or vegetable, such as orange juice, grapefruit, fresh pineapple, green pepper or cauliflower
- Several times each week eat cruciferous (a.k.a. [cabbage family](#)) vegetables like broccoli, cauliflower, Brussels sprouts or cabbage.