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.

Source: CDC Food and Vegetables Matters USDA MyPyramid