

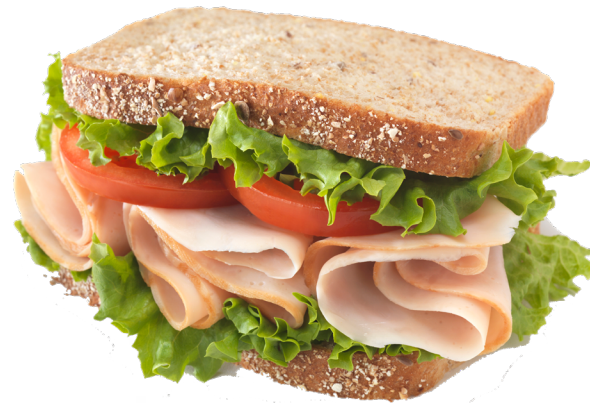
Healthy Meals



Add more fruits and vegetables to your meals. You can make any meal more nutritious with these simple suggestions.

Breakfast

- Have a piece of fruit with your meal or a 1/2 cup serving of 100% fruit juice.
- Vegetables like spinach, tomatoes, onions and peppers make great toppings on omelettes.
- Dried or cut fruit make great toppings on cereal and oatmeal as well.



Dinner

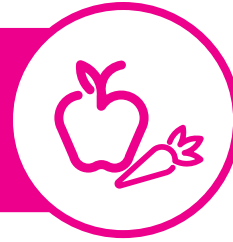
- Add vegetables like broccoli, squash, or peppers to pastas.
- Make a stir-fry with brown rice, your favorite lean meat or seafood, and vegetables.
- Add a side of steamed vegetables or a salad to any meal.
- Have some fruit as a healthy dessert.

Lunch

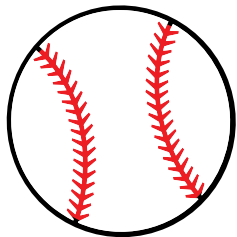
- Top sandwiches with plenty of vegetables like lettuce, tomatoes, cucumbers, peppers, and sprouts.
- Try apples, carrots, or celery for a crunchy side.
- Add leftover or canned vegetables like peas and carrots to soups.
- Make a salad with your choice of meat, cheese, lots of vegetables, and an oil-based dressing.



Perfect Portions



Here is a fun way to remember how much to eat when you have a serving. The size of sports equipment on the left is about the same size as one serving of the foods on the right.



baseball



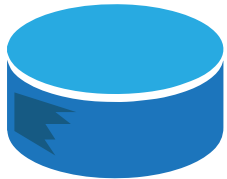
1 serving of fruit



1 serving of rice
or pasta



1 serving of
vegetables



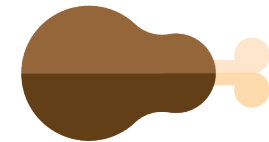
hockey puck



1 serving of bread



1 serving of beans



1 serving of meat



golf ball



1 serving of cheese

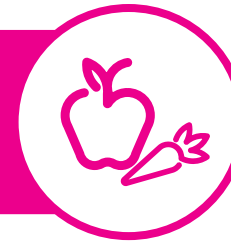


1 serving of nuts

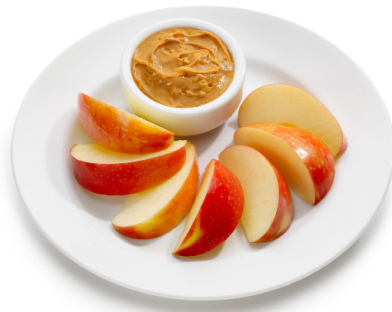


1 serving of nut
butter

Healthy Snack Ideas



Snacking is a great way to make sure you are full of energy. It is important to keep your snacks healthy. Here are a few ideas for tasty snacks that are packed with fruits and vegetables.



Apple slices dipped in peanut butter



Low-fat unsweetened yogurt with berries



Low-fat cottage cheese with tomatoes



Carrots or peppers dipped in hummus



Celery topped with peanut butter and raisins

