Ways to Incorporate More Fruits and Vegetables to Everyday Meals Checklist

**Breakfast**

- Add berries, and banana slices to yogurt, cereal or oatmeal
- Add chopped vegetables like onions, tomatoes, bell peppers, broccoli and mushrooms to eggs
- Add mixed fruits like strawberries, apples, blueberries, and banana to your pancakes as a side
- Add sautéed spinach or kale to an open-face egg sandwich

**Lunch**

- Add more vegetables to a frozen pizza, or order double vegetables from delivery or create your own pizza
- Add sliced apples, cucumbers, zucchinis, sprouts and spinach to jazz up your normal turkey sandwich
- Add fruits like apples and grapes for a harvest salad
- Add tangerine to an Asian inspired salad
- Add large romaine lettuce instead of bread to your favorite sandwiches
Dinner

- Add a double dose of vegetables if a recipe calls for mixed vegetables
- Add vegetables to any casserole, like carrots, peas, zucchini and squash
- Add grated or pureed vegetables like zucchini and carrots to a classic meatloaf
- Add pureed cooked cauliflower, winter squash, or red peppers and stir them into sauces, mashed potatoes, pot pies, or even mac and cheese.

Snacks

- Freeze grapes and bananas for a yummy snack
- Dip bananas in rich dark chocolate and freeze
- Blend some fresh fruit with 1/2 cup low fat yogurt or 100% fruit juice for delightfully refreshing fruit popsicles
- Replace greasy, fried potato chips with this healthy alternative - baked zucchini or yams
- Slice apples dipped in a tablespoon of almond butter

For questions, please contact Julie Chobdee, MPH, Wellness Program Coordinator, at Julie.Chobdee@ucr.edu or 951-827-1488