

September 2021

SEPTEMBER – Fruit and Veggies: *More Matters Month*

Fruits and vegetables provide essential nutrients and fiber that support a healthy weight and lifestyle.

It is recommended to eat at least 5 fruits and vegetables daily.

Diets lacking in produce often result in chronic diseases such as hypertension, hyperlipidemia, diabetes and GI issues and cancer. In addition, replacing higher fat and sugar foods for fruits and vegetables promote weight loss and maintenance. The more color, the better!

Adding produce to your diet:

Breakfast:

- Add a fruit to your cereal or oatmeal to sweeten naturally.
- Add vegetables to an omelet or scrambled eggs.
- Make a smoothie packed with veggies and fruit.

Lunch:

- Have fruit as a side dish, rather than chips.
- Add vegetables like lettuce, tomato, cucumber or bell pepper to sandwiches.
- Use mashed avocado or hummus as a spread instead of mayo.
- Nature's pre-packaged foods – apple, banana, oranges or cuties.
- Fill up on a veggie-filled salad.

Dinner:

- Add a vegetable to everyday meals – mix in grated carrot, zucchini or cauliflower to pasta sauces or casseroles.
- If having pasta, try to add in peppers, onions, and fresh tomatoes to the sauce.
- Add your preferred frozen veggies as a side to almost any meal.