

EATING SMART AT HOME



**REMEMBER
TO EAT ALL
YOUR
COLORS**

Choosing More Fruits and Vegetables



- Keep a bowl of fruit on the counter
- Make fruit smoothies for a quick breakfast or snack
- Top baked potatoes with salsa
- Keep baby carrots or other ready-to-eat vegetables on hand
- Add corn, carrots, peas, sweet potatoes, or beans to soups and stews
- Top sandwiches with lettuce, tomato, and other vegetables
- Add bananas or berries to cereal or yogurt
- Add peppers, onions, or other vegetables to spaghetti sauce
- Stir fry, experiment with different vegetables or use what you have on hand
- It all counts—fresh, frozen, canned, dried and 100% juice

NC STATE

EXTENSION

**Community & Clinical
CONNECTIONS
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NORTH CAROLINA
DIVISION OF PUBLIC HEALTH