NUTRITION

Ways to eat more fruits and vegetables

Does eating at least four servings of vegetables and three servings of fruit day sounds like a lot? If so, try these ideas:

1. **Serve Soup**
   Use vegetables as a base for soups or as added ingredients to soups.

2. **Thicken Sauces without fat**
   Substitute cooked and pureed vegetables for cream or whole milk.

3. **Be creative**
   Pasta and stir-fry dishes are ideal ways to serve lots of different vegetables with or without small portions of meat.

4. **Enhance old standbys**
   Add fruit to your breakfast cereal and raw, grated vegetables or fruit to muffin and cookies recipes.

5. **Try new and unique vegetables**
   The hybrid broccoflower is a good example. A cross between broccoli and cauliflower, this vegetable looks like a light green head of cauliflower but has a milder, sweeter taste.

6. **Don't let lettuce limit salads**
   Choose a wider variety of greens, including spinach, arugula, chicory, collards, dandelion greens, kale, mustard greens, Swiss chard and watercress.

7. **Use raw, grated vegetables as moisturizing fillers in recipes**
   Add carrots, potatoes or apples to lean ground beef or turkey when making meat loaf or meatballs.

8. **Replace recipes requiring meat with vegetables and fruits**
   Replacing certain meat base recipes with vegetables can help increase your vegetable intake. For example, instead of fixing a homemade beef patty try making a bean patty by using black beans, chopped onions, green peppers and season to taste is a great way of increasing your vegetable intake. If you usually have a strawberry ice cream shake, replace that by using fresh strawberries, yogurt and chopped ice for a refreshing drink.

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