



# REACH FOR A RAINBOW!

Still searching for your pot of gold? While eating 5-9 servings of fruits and vegetables everyday may seem like a daunting task, their benefits to your health are priceless! Fruits and vegetables are great sources of vitamins, minerals, fiber, and antioxidants, and are low calorie foods! Eating a “rainbow” of colors everyday is the best way to get all of the many health benefits they have to offer. We hope these tips will help you reach for rainbows (and the healthy pot of gold) and increase the fruits and vegetables in your diet!

## **LACKING COLOR? ADD A SALAD!**

Salads are an easy way to add a rainbow of colors (and a variety of vegetables) to any meal.

## **GRAB FOR 100% JUICE INSTEAD OF SODA!**

Though not as good for you as eating the actual fruit or vegetable, 100% juice is still far more nutritious than sodas, and just as refreshing.

## **BUY PRE-PACKAGED SERVINGS!**

This makes a great addition to any lunch box or snack on the go.

## **GET CREATIVE!**

Try new recipes for “old” vegetables.

## **PLAY WITH YOUR FOOD!**

Make food fun! Try ants on a log (celery filled with peanut butter and topped with raisins), or funny faces from different slices of fruit.

## **MAKE FRUIT YOUR DESSERT!**

Fruit can make a wonderful, and satisfying ending to any meal. If you still need that scoop of ice cream, make it a banana split or try adding fruits to your other favorite desserts (like pudding)!

## **BE ADVENTUROUS!**

When you see a fruit or vegetable you’ve never seen or heard of before, pick one up to try. You may find your new “favorite” fruit!

## **HAVE THEM WASHED AND READY!**

Having fresh fruits and vegetables on hand and ready for eating makes it easier to grab-n-go when in a hurry. It also makes them more appealing to munch on.

## **KEEP CANNED AND FROZEN VEGETABLES STOCKED!**

These make for quick additions to your favorite meal and keep much longer than fresh vegetables.

## **ADD SOME TO YOUR FAVORITE FOODS!**

Try adding vegetables (carrots, mushrooms, broccoli, etc.) to your favorite canned soup, or maybe some strawberries, or other fruit, to your next milkshake.