



Ways to Eat More Fruits and Veggies

“Eat your fruits and veggies.” The age-old advice has echoed through households for decades, but why do so many of us still fail to get enough of these foods into our diets? Ripe with fiber, nutrients, vitamins, and water, fruits and veggies are plant-based powerhouses for our bodies. Wondering where to begin? Here are our top tips for adding more color to your life.

1. Grab What Came from the Ground

For breakfast, skip the OJ and apple juice and opt for a whole orange or even add some sliced bananas to your oatmeal. Whole fruit is filled with fiber to help you stay full long after breakfast.

2. Don't Skimp on the Salad

When it comes to lunch, a simple salad is a staple to ensure you get lots of veggies and fruits in one meal.

3. Upgrade Your Indulgences

Looking to indulge? Make a less healthy option healthier by adding things like peppers to a pizza or carrots to lasagna. Every veggie counts!

4. Make Finding Food Fun

Try your local farmer's market or join a CSA. Test your green thumb and grow your own produce. Grocery shopping isn't reserved for the cold aisles of your local store.

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