Eating fruits and vegetables is a simple, tasty way to create a healthier diet and achieve a healthy weight. The American Heart Association recommends at least 8 servings of fruits and vegetables each day for a 2,000 calorie diet. They can be fresh, frozen, canned or dried but avoid sugary syrups or salty sauces. Instead of counting or measuring, aim to fill half your plate or bowl with fruits and vegetables.

**Breakfast:**
- Whip up scrambled eggs made with an egg white substitute and add chopped veggies, such as red or green peppers, tomatoes or spinach. Or wrap your scrambled eggs in a whole-wheat tortilla with fresh salsa, beans and sliced avocados (choose products with the least amount of sodium you can find).
- Add a small (4-ounce/half cup) glass of 100% fruit or vegetable juice.
- Make a breakfast smoothie with a cup of frozen fruit, 6 oz of plain fat-free yogurt and ½ cup of 100% fruit juice. Add 2 tablespoons of ground oatmeal or flaxseeds for added nutrients and flavor.

**Lunch:**
- Make a quick salad with pre-washed greens or spinach and top it with veggie leftovers or colorful chopped peppers or carrots. Drizzle it with olive oil and balsamic vinegar. Add sweetness with a few dried cherries or slices of apple, orange or strawberries.
- Add flavor to a sandwich with thinly sliced vegetables or fruits, such as cucumber, tomato, mushrooms, zucchini, apples or pears.
- As a side, serve up bite-size fruits and vegetables like baby carrots, broccoli florets, grapes or melon cubes.

**Dinner:**
- Shred carrots, onions, squash or zucchini into meatloaf, casseroles, pasta sauce or chili.
- Roast or grill veggies, such as sweet potatoes, carrots, bell peppers, zucchini, onions, mushrooms and eggplant. Toss in a small amount of olive oil before roasting or grilling.
- Toss some frozen or canned cut vegetables, such as green beans, corn, broccoli, peas or carrots, into a pot of rice during the last few minutes of cooking.
- Puree roasted vegetables in a blender to make a delicious and naturally rich soup.
- Grill sliced, pitted peaches, plums, pineapple or nectarines (lightly brushed or sprayed with canola or safflower or other vegetable oil) for a fun and tasty dessert.

**Snack Time:**
- Keep fresh fruit and pre-chopped or no-chop veggies (such as baby carrots, cherry tomatoes and sugar snap peas) on hand, as well as canned or single-serve containers of unsweetened fruit or applesauce.
- Make a trail mix of whole-grain cereal, dried fruit and nuts or seeds. Put portions in small bags for a portable snack.
- Place grapes and chopped bananas in the freezer for a delicious frozen treat.

**Heart-Smart Tip**
Fruit and vegetables are loaded with vitamins and minerals without too many calories. They contain fiber and water, which help you feel full. So enjoy a variety of fruits and vegetables at every meal and snack.
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