

12 Simple Ways to Increase Fruits, Vegetables and Beans/Legumes at Meals



1

Use canned vegetables including tomatoes, beans, mushrooms or beets and add into your favorite dishes.

2

Take convenience items (such as soups or frozen meals) and add in additional vegetables to boost the nutrition.

3

Replace half your meat with beans.

- ▶ Use black beans, kidney beans or lentils instead of beef or other ground meat.
- ▶ Use chickpeas or navy/white beans instead of chicken.

4

Add veggies to your eggs at breakfast.

5

Add fruit to your hot or cold cereal.



6

Create smoothies with fruits and veggies.

7

Use a dip (plain Greek yogurt can be savory or sweet!) to encourage fruits and veggies as snacks for young children.

8

Make pizzas using whole grain English muffins or pita bread.

- ▶ Add sauce, cheese and cut up veggies for toppings.

9

Sauté onions and peppers and add to almost any casserole dish.

10

Add veggies such as onions, carrots, tomatoes and spinach to your pasta sauce.

11

Make a stir fry with your vegetables.

12

Add veggies like tomatoes, lettuce, spinach and cucumbers to your sandwich and replace mayonnaise with hummus or avocado.



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