

March challenge: Go Green (and red, yellow...)

There are many benefits of adding more vegetables and fruits to your meals. They are low in fat, calories, and sodium, yet packed with vitamins, minerals, fiber and other key nutrients. Be aware of portion sizes. It is recommended to eat at least 3 servings of fruit and 4 servings of vegetables daily. Adding fruits and vegetables to your meal can also add color, flavor and texture to your plate.

Tips for adding more fruits and vegetables to your day:

1. **Be creative with your salad** – Add shredded carrots, sliced strawberries, grape tomatoes, spinach leaves or mandarin oranges for a fun and flavorful salad.
2. **Cooking Italian?** – Add extra vegetables to your pasta dish or as toppings to your pizza. Try adding peppers, spinach, onions, cherry tomatoes, mushrooms, or zucchini.
3. **Get a blender** – Make a tasty fruit smoothie as a snack or for breakfast. Blend low-fat milk or 100% fruit juice with bananas, strawberries, blueberries, or raspberries (fresh or frozen) for a delicious cool drink.
4. **Get more from the salad bar** – Try eating sliced fruits from the salad bar as a dessert when dining out. Or try crunchy vegetables instead of chips with your favorite dip or salad dressing for a healthy snack.
5. **Stir-frying fun!** – Try something new! Stir-fry your vegetables, like broccoli, carrots, mushrooms, or green beans to add to any meal. Or add fruits like chopped apple, nuts, or cinnamon to whole-grain rice.
6. **Liven up an omelet** – Add color and flavor to your omelet with vegetables. You can chop or sauté them and add to the egg as it cooks. Try combining different types of vegetables, such as mushrooms, spinach, onions, or bell peppers.

Source: Kaiser Permanente

The Challenge:

In the month of March, add fruits and vegetables to your day by trying four of the above ideas. Be sure to add fruits and vegetables to your diet each week in March.

If you have met the above challenge and tried four of the above ideas, and added fruits and vegetables to your diet most days of March, please complete below and turn in to your Eat Well, Work Well site coordinator by March 31st.

I (print name) _____ attest that I successfully tried four of the above ideas, and added fruits and vegetables to my diet most days of March.

Signature: _____