

FIVE WAYS TO GET MORE FRUITS AND VEGGIES!



1. Blend into smoothies.

Throw a few handfuls of spinach into your fruit smoothies. If you're feeling really adventurous, you can even try adding steamed, then frozen, cauliflower, zucchini, or sweet potato!



2. Sneak them in if you have to!



Don't like the taste but want the nutrients? Use a food processor to finely chop veggies to add to sauces, soups, meatballs, or lasagnas or just finely chop them with a knife!

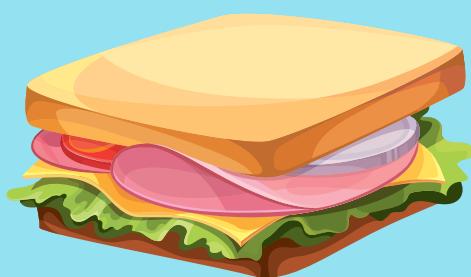
3. Make it a habit.

When putting together a meal, do a quick check. Do you have any fruits or veggies? If not, throw in something easy, like leafy greens. They are super versatile and packed with nutrients!



4. Little bits add up.

Add a slice of tomato, spinach, or avocado to a wrap or sandwich. Try onions and mushrooms in a scramble. Top your oatmeal with berries. Or, swap out noodles for spaghetti squash.



5. Figure out fruits and veggies you *actually* like.

Make it a goal to experiment in the kitchen and prepare dishes you like. Try different sauces or spices, raw versus cooked--you won't know until you try!



Visit [webmdhealth.com/wellwisconsin](https://www.webmdhealth.com/wellwisconsin) to track your fruit and veggies and get support for the Five to Thrive challenge.

Sources:
Healthline.com. 17 Ways to Eat More Vegetables. <https://www.healthline.com/nutrition/17-ways-to-eat-more-veggies>. Accessed 07/21/2023.

Verywellfit.com. How to Get More Fruits and Vegetables Into Your Diet. <https://www.verywellfit.com/getting-more-fruits-and-vegetables-in-your-diet-2506856>. Accessed 07/31/2023.