

There's a way to eat fruits and vegetables every day!



**They taste great.**

**Enjoy fruits and vegetables...**

**Fresh:** When a fruit or vegetable is in season, it's usually cheaper—and more delicious! Buy locally for the best deals, at farm stands and farmers' markets.

**Frozen or Canned:** They still offer great nutritional benefits, and you can store them for weeks.

**At Every Meal:** Include them every time you sit down to eat.

This Healthy Weight Awareness message is brought to you by



Maine Health and Human Services, Public Health

## Breakfast

- Have a small glass of 100% fruit juice.
- Top off your cereal with raisins, bananas, blueberries, strawberries, or raspberries.

- Add a can of peas or beans to your favorite canned soup.
- Put lettuce, tomato, or sliced cucumber on a sandwich.
- Pack an apple, pear, or grapes into a bag lunch.

## Lunch

## Dinner

• Having spaghetti? Don't forget the tomato sauce. And add in frozen vegetables or green peppers and onions to your tomato sauce.

- Serve applesauce as a side dish.
- Toss a salad with your favorite veggies... carrots, tomatoes, broccoli, or even beans.
- Want dessert? Try layering low fat vanilla yogurt with crushed canned pineapple and banana slices.

- A box of raisins.
- An apple or banana.
- Baby carrots or carrot sticks.
- Celery, plain or with peanut butter.

## Snacks

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**Healthy Maine Partnerships**

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to have more energy and make every meal better!