

June: Fresh Fruits and Vegetables

Did you know that only 1 in 10 Adults Get Enough Fruits or Vegetables?

Seven of the top 10 leading causes of death in the United States are from chronic diseases. Eating a diet rich in fruits and vegetables daily can help reduce the risk of many leading causes of illness and death, including heart disease, type 2 diabetes, some cancers, and obesity.

Tip: Keep it simple



Serve **salads** more often



Provide fruits and vegetables as **snacks**. Keep fruit washed, cut up and in plain sight in the refrigerator.



Try out **vegetarian recipes** for spaghetti, lasagna, chili, or other foods.



Add a fruit or vegetable as part of **every meal** or snack.

Featured Recipe: Broccoli Strawberry Orzo Salad



Choose your veggies

Vegetables are full of vitamins and minerals. Find ways to add vegetables to most meals and snacks to help your family get the nutrition they need.

Serve different types of vegetables like: dark-green leafy, red and orange, blue and purple



Tips for choosing your veggies

- Buy vegetables that can help you save money and time
- Choose fresh vegetables when they are in season or grow your own
- Set an example for your kids
- Spice up your vegetables with herbs and seasoning
- Serve vegetables in ways that your family will enjoy
- Keep sliced vegetables in the fridge.

Try this refreshing and budget friendly recipe and enjoy a combination of plant-based protein, fruit and vegetables.

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spices?



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