

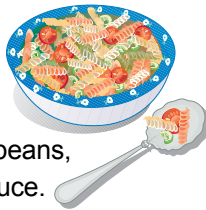
# Liven up your meals with vegetables and fruits

**Discover the many benefits of adding vegetables and fruits to your meals.** Vegetables and fruits don't just add fiber and key nutrients to meals. They also add color, flavor, and texture. Explore these creative ways to bring healthy foods to your table.

**1 Fire up the grill**  
Use the grill to cook vegetables and fruits. Try grilling mushrooms, onions, peppers, or zucchini on a kabob skewer. Brush with oil to keep them from drying out. Grilled fruits like peaches, pineapple, or mangos add variety to a cookout.

**2 Take your casserole to the next level**  
Mix vegetables such as sauteed onions, peas, pinto beans, or tomatoes into your favorite dish for that extra flavor.

**3 Planning something Italian?**  
Add extra vegetables to your pasta dish. Slip some herbs, peppers, spinach, red beans, onions, or cherry tomatoes into your tomato sauce. Vegetables provide texture that satisfies.

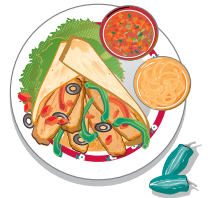


**4 Get creative with your salad**  
Toss in shredded carrots, peas, orange segments, strawberries, or other seasonal items for a flavorful, fun salad.

**5 Salad bars aren't just for vegetables**  
In addition to vegetables, add fruit, egg, cottage cheese, beans, or seeds from the salad bar for a variety of toppings from all the food groups.

**6 Get in on the stir-frying fun**  
Try something new! Stir-fry fresh or frozen veggies—like broccoli, carrots, cauliflower, or green beans—for a quick-and-easy addition to any meal.

**7 Add them to your sandwiches**  
Whether it is a sandwich or wrap, vegetables make great additions to both. Try hummus, cucumber, or avocado on your usual sandwich or wrap for extra flavor.



**8 Be creative with your breakfast**  
Add apples, bananas, blueberries, or pears to your oatmeal, yogurt, or pancakes for a special start to your day.

**9 Make a tasty fruit smoothie**  
Blend fresh or frozen berries and bananas with 100% fruit juice for a delicious frozen fruit smoothie.



**10 Liven up an omelet**  
Boost the color and texture of your morning omelet with vegetables. Simply chop, saute, and add them to the egg as it cooks. Try combining different vegetables, such as mushrooms, spinach, green onions, or bell peppers.