

Fruits and Veggies on the go!!

You know that eating a diet rich in fruits and vegetables is good for you, but you're constantly on the go. See how you can fit fruits and veggies into your everyday world. Fruits and vegetables can be a part of a balanced diet anytime, anywhere.

Fruits and veggies are available in many different forms that are easy to take with you. Prepared fresh fruits and vegetables, like baby carrots and fresh fruit cups, are available in the produce section. Dried fruits and vegetables pack away easily in your bag. Pre-packaged fruits in their own juice make a great addition to any lunch snack.

It all adds up

Breakfast on the road	Blend a smoothie with fresh fruit to drink on the way to work or your way out the door.
Mid-morning snack	Mix your favorite nuts with dried fruit such as cranberries, raisins, or apricots for a homemade trail mix to keep at your work station.
Lunch at a restaurant	Have a salad with a fat-free or low-fat dressing and a low-fat or fat-free vegetable soup at your favorite local restaurant
Afternoon snack	Snack on hummus and dippable veggies such as carrots and broccoli florets for an energizing afternoon snack.
Dinner at home	Add steamed, baked, or sautéed veggies to your dinner at home.



“Make that a side of veggies”

It may be easier than you think to eat fruits and veggies when dining out. In addition to serving up salads, soups and fruit cups, any restaurants offer veggie-packed entrees and sides.

- Try vegetable stir fry, vegetable fajitas, veggie wraps or pasta primavera.
- Order a side of veggies with your meal, or pick three or four veggie sides and create your own veggie plate.