

Living Well Tip of the Week



How to Add More Fruits and Vegetables in Your Daily Meal Plans

More Matters! Eat them any way you can!



- **Buy many kinds of fruits and vegetables when you shop.**
- **Buy them fresh, frozen, canned, and dried.**
- **Experiment with new types of fruits and veggies. Try one new thing each week.**
- **Keep a fruit bowl, raisins or other dried fruit on the kitchen counter and in the office.**
- **Keep a bowl of cut-up vegetables on the top shelf of the refrigerator for snacking.**
- **Add fruit to breakfast by having fruit on cereal.**
- **Choose fruit for dessert and use frozen fruits for smoothies.**
- **Add fruits and vegetables to lunch by adding them in soup, salads, or cut-up raw.**
- **Add extra varieties of frozen vegetables when you prepare soups, sauces, and casseroles.**

Our April "Living Well Tip of the Week" series is focused on adding color to your diet with fruits and veggies.

Browse your Living Well Health Manager powered by WebMD for specific advice on all these tips: go to www.webmdhealth.com/ut and select "Living Healthy" on the top banner. Select the Nutrition Lifestyle Program for a personalized meal plan and grocery list.