



12/2/13

How to include more fruits and vegetables into you meals

Breakfast:

- Add blueberries or bananas to pancakes, waffles, or muffin batter
- Add raisins, diced apples, or dried apricots into oatmeal
- Add peppers, onions, spinach, broccoli, or shredded carrots to your omelet

Lunch and dinner:

- Add apples, grapes, or raisins to chicken salad
- Make pizza with mushrooms, peppers, onions, or pineapple
- Top pork chops with apples, pears, or raisins

Reference <http://www.nutrition411.com/education-materials/fruits-and-vegetables/item/15430-30-ways-to-sneak-more-fruits-and-vegetables-into-your-diet>

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