

12 Simple Ways to Increase Fruits, Vegetables and Beans/Legumes at Meals

- 1 Use canned vegetables including tomatoes, beans, mushrooms or beets and add into your favorite dishes.
- 2 Take convenience items (such as soups or frozen meals) and add in additional vegetables to boost the nutrition.
- 3 Replace half your meat with beans.
 - ▶ Use black beans, kidney beans or lentils instead of beef or other ground meat.
 - ▶ Use chickpeas or navy/white beans instead of chicken.



- 4 Add veggies to your eggs at breakfast.

- 5 Add fruit to your hot or cold cereal.



- 6 Create smoothies with fruits and veggies.

- 7 Use a dip (plain Greek yogurt can be savory or sweet!) to encourage fruits and veggies as snacks for young children.

- 8 Make pizzas using whole grain English muffins or pita bread.
 - ▶ Add sauce, cheese and cut up veggies for toppings.

- 9 Sauté onions and peppers and add to almost any casserole dish.

- 10 Add veggies such as onions, carrots, tomatoes and spinach to your pasta sauce.

- 11 Make a stir fry with your vegetables.

- 12 Add veggies like tomatoes, lettuce, spinach and cucumbers to your sandwich and replace mayonnaise with hummus or avocado.



PA Healthy Pantry Initiative

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