

Quick Ideas to Get More Fruits and Vegetables in Your Diet

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"Eat your vegetables!" We all know it's important to get a healthy amount of vegetables daily (USDA guidelines say most adults should be getting 3 cups per day). Wrestlers in particular need these high antioxidant foods to help with anti-inflammatory function after heavy workouts. Here are some tips for getting vegetables into your eating routine!

- 1. Make V8® juice, V8 Splash®, or tomato juice one of your drink choices**
- 2. Add lettuce (esp fresh spinach) and tomato to a sandwich**
Try to eat a whole tomato on the side
- 3. Eat raw vegetables as sides**
Cherry tomatoes or grape tomatoes
Baby carrots
Green pepper strips
Celery sticks
Sugar snap peas
Cucumber spears
- 4. Have salsa or roasted vegetable dip with chips as a snack**
- 5. Add tomato sauce to a meal**
- 6. Try soup with lots of vegetables in it**
- 7. Add vegetables to pizza, lasagna, or spaghetti; to other pasta meals; to mashed potatoes; to chili; etc.**
- 8. Bake zucchini or carrot bread**
- 9. Choose a quick raw vegetable snack**
- 10. Try a vegetable smoothie, for example, fresh carrot juice**

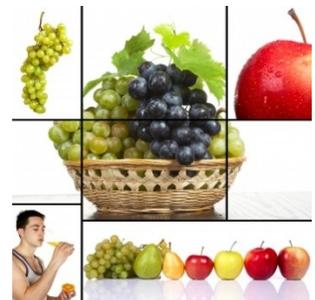


Here are some of the best choices of nutrient-dense vegetables:

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| Spinach | Romaine lettuce | Okra |
| Collard greens | Asparagus | Snow peas |
| Brussel sprouts | Potato | Avocado |
| Broccoli | Cabbage | Cauliflower |
| Sweet potato | Boston or bibb lettuce | Tomato |
| Red pepper | Green pepper | Acorn squash |
| Carrots | Red cabbage | Corn |
| Butternut squash | Peas | Green bean |

According to the USDA, we each need to have about 2 cups of fruit every day. But many people are at a loss about how to work that into their daily menu. Here are some tips for eating more fruit!

- 1. Choose fruit juices as a beverage with meals and snacks**
- 2. Snack on 100% dried fruit or fruit leathers**
- 3. Have a fruit smoothie**
- 4. Add berries or cut-up fruit to breakfast cereal**
- 5. Take a convenient fruit (like a banana or an apple) or a fruit cup with you as a snack**
- 6. Try trail mix with dried fruit in it**
- 7. Cut up fruit so it's ready to eat (like watermelon, cantaloupe, peaches, guava, etc.)**



- 8. Have a V8 Splash®**
- 9. Incorporate fruit into each meal**
- 10. Add a fruit-based dessert to a meal, like strawberry shortcake or sherbet sprinkled with mixed berries**

Here are some of the best choices of nutrient-dense fruit:

Guava
Watermelon
Pink or red grapefruit
Kiwifruit
Papaya
Cantaloupe

Apricot
Orange
Strawberries
Peach
Blackberries
White grapefruit

Raspberries
Tangerine
Persimmon
Mango
Honeydew melon
Star fruit