

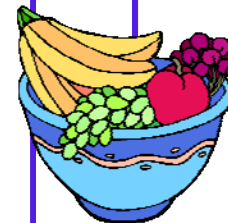


APRIL 2019

**April is a month to focus on fruits and vegetables.
Remember, eat a rainbow every day!**

Easy ways to get more fruits and veggies in your diet!

- ◆ Keep cleaned fruits and veggies in the refrigerator - ready to eat.
- ◆ Have vegetables with a low-fat dip for a snack.
- ◆ Drink 100% fruit juice instead of fruit-flavored drinks or soda pop.
 - ◆ Have fruit for dessert.
- ◆ Keep a bowl of apples, bananas and/or oranges on the table.
 - ◆ Choose a side salad made with a variety of leafy greens.
- ◆ Add lettuce, tomato/peppers and onion to sandwiches.
- ◆ Order veggie toppings on your pizza.
- ◆ Have a fruit smoothie for breakfast
- ◆ Have fresh or dried fruits for a snack instead of candy or cookies.



What is a serving size anyway? Recommendations for fruits and vegetables are now in cups.

One cup equals:

- 1 small apple**
- 1 large banana**
- 2 cups of raw greens**
- 12 baby carrots**
- 1 large orange**
- 1 large bell pepper**
- 1 medium grapefruit**
- 1 large sweet potato**



Fun food web-site
www.ChefSolutus.com

