



Ascension

Eat More Fruits & Veggies

Fruits & Veggies - More Matters® Month

September is Fruits & Veggies—More Matters® Month and its purpose is simply to encourage Americans to eat more fruits and vegetables. The Fruits and Veggies More Matters® campaign has two key messages: 1) make half your plate fruits and vegetables at all meals and snacks, and 2) *all* forms of fruits and vegetables count toward your daily intake, including fresh, frozen, canned, dried and 100% juice.

If you are looking for new ideas on how to include more fruits and vegetables to your day (or perhaps you are just a picky eater and need some fresh, tasty ideas), try some of these great tips from the Fruits and Veggies More Matters® campaign:

A tangy surprise! Add a squeeze of lemon juice after you steam vegetables. It can add a pleasant surprise to spinach and broccoli.

Sauté with herbs. To infuse vegetables with flavor and mouth-watering aromas, sauté them in olive oil, garlic and herbs of your choice (basil, oregano, thyme, etc.).

Spice them up! Slice some green and yellow squash. Add sliced mushrooms, diced tomatoes and onion. Then chop up a jalapeño pepper and add into the vegetable mix. Sauté in a pan and serve them over brown rice for a spicy new favorite.

Healthy dipping! Dip your raw vegetables into a nutrient-rich dip like hummus.

Mix fruits and vegetables. One great way to combine fruits and vegetables is to make them into a salad. Try starting with spinach and then adding halved cherries, sliced strawberries and walnuts and toss into an orange-based vinaigrette.

A flavorful soup. Add tons of veggies to your favorite homemade soup or stew to add both flavor and color.

Drink them! Juice a variety of veggies and fruits together for a delicious and nutritious drink.

Grill 'em! Grill zucchini long enough for them to become softer and have grill lines on them and drizzle them with olive oil and sprinkle with oregano for a perfect side dish.