

# FIVE WAYS TO GET MORE FRUITS AND VEGGIES!



## 1. Blend into smoothies.

Throw a few handfuls of spinach into your fruit smoothies. If you're feeling really adventurous, you can even try adding steamed, then frozen, cauliflower, zucchini, or sweet potato!



## 2. Sneak them in if you have to!

Don't like the taste but want the nutrients? Use a food processor to finely chop veggies to add to sauces, soups, meatballs, or lasagnas or just finely chop them with a knife!



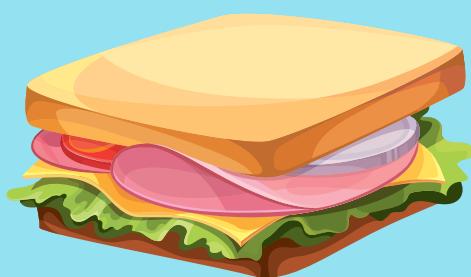
## 3. Make it a habit.

When putting together a meal, do a quick check. Do you have any fruits or veggies? If not, throw in something easy, like leafy greens. They are super versatile and packed with nutrients!



## 4. Little bits add up.

Add a slice of tomato, spinach, or avocado to a wrap or sandwich. Try onions and mushrooms in a scramble. Top your oatmeal with berries. Or, swap out noodles for spaghetti squash.



## 5. Figure out fruits and veggies you *actually* like.

Make it a goal to experiment in the kitchen and prepare dishes you like. Try different sauces or spices, raw versus cooked--you won't know until you try!



Visit [webmdhealth.com/wellwisconsin](https://www.webmdhealth.com/wellwisconsin) for more resources and support.

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