

10 TIPS TO GET YOUR DAILY DOSE OF FRUITS & VEGETABLES

functional
nutrition
alliance 

It's no secret that vegetables and fruits are good for you but many of us still fall short in getting our daily dose. Phytonutrients. Antioxidants. Anti-inflammatory. High-fiber. . . . the benefits are undeniable. **The USDA recommends consuming at least 5 cups of vegetables and fruit each day for optimal health.** (French fries and ketchup don't count!) At FxNA, we're on a mission to make it tasty, easy and fun to include more veggies and fruits in your daily protocol. Hop on the rainbow and get your fill! Try these 10 tips and you'll be well on your way.

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SMOOTHIE LOVE

You can pack a big veggie punch in a smoothie! Try adding more vegetables like leafy greens, cucumber, zucchini, celery, carrots, and beets. (Our favorite is cilantro.) Include blueberries, blackberries or dark cherries to disguise the green for your picky eaters.

Consider replacing pasta, rice, and potatoes with vegetables instead. That's right. Try a heaping plate of sautéed greens, cauliflower rice, mashed sweet potatoes, puréed parsnips, or broccoli mash. These are all beautiful bases for your meals.

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PILE IT ON

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BREAKFAST BOOST

Is your breakfast barren of veggies and fruits? Let's change that! Try these ideas ~ add fresh berries to your cereal, stir pumpkin puree in your morning oats, spread avocado on your toast, add chopped greens to your eggs.

DOUBLE UP

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Following your favorite recipe? Make it a habit to double the amount of vegetables called for in the ingredients. Try this with soups, stews, pasta dishes and stir-fries.

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SNACK ATTACK

Searching for the perfect snack? Try these. Munch on some carrots or celery with hummus or a white bean spread. Want something sweet? Spread apple or pear slices with almond butter.

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BE ADVENTUROUS

Stuck in a veggie rut? There are so many vegetables to explore. Commit to trying one new vegetable a week. Research recipes, talk to local farmers and get your kids involved by having them help pick out the veggie-of-the-week.

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SHRED THEM UP

Sometimes changing the texture and size of your veggies does the trick for upping the volume. Add shredded zucchini, carrots, or beets to pasta dishes, breads, cakes, and cookies. Vegetables in your dessert? Why not?!

Sauce can make the meal and veggies can make the sauce. Blend all sorts of veggies into tasty sauces for pasta, rice, or to top other veggies. Artichokes, greens, sweet potatoes, zucchini and butternut squash are all sassy sauce additions!

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SASSY SAUCES

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SOUPER SOUPS

Make simple blended soups with root vegetables like carrots, parsnips, sweet potatoes, and turnips. And make it a habit to add shredded greens like spinach, kale or collards to all of your soups (even if they aren't homemade!).

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PREP PARTY

Pick a day to wash and cut all of your veggies. Making a veggie-packed meal feels much less daunting when you can reach in the fridge and grab veggies that are already prepped.