

Super Fruits and Vegetables

EVERY MEAL, EVERY DAY

All fruits and vegetables are worth adding to meals, so make certain to include the ones you enjoy most. However, some fruits and vegetables known as “super foods” have especially high nutrition content. If you don’t eat them very often right now, think about adding them to your planned meals and snacks.

SUPER VEGETABLES

- Broccoli, cauliflower, cabbage, brussel sprouts, and bok choy
- Spinach, kale, dark green lettuce, collard greens, arugula, and swiss chard
- Orange vegetables like carrots, winter squash, sweet potatoes, and pumpkin
- Red vegetables like peppers, onions, beets and tomatoes

SUPER FRUITS

- Berries like blueberries, strawberries, raspberries, and blackberries
- Whole citrus fruits like grapefruits, oranges and clementines
- Red fruits like grapes, pomegranates, cranberries and cherries

PACKING MORE PRODUCE INTO YOUR MEALS AND SNACKS:

- If you like iceberg lettuce for salads, sandwiches and tacos:
 - TRY** replacing iceberg lettuce with fresh spinach or kale in these foods
- If you like scrambled eggs:
 - TRY** cooking red peppers and onions and adding them to your eggs
- If you like pancakes:
 - TRY** adding half a cup of mashed pumpkin to the batter before cooking
- If you like baking bread:
 - TRY** looking for recipes for carrot bread, blueberry muffins, orange cranberry bread or pumpkin bread

