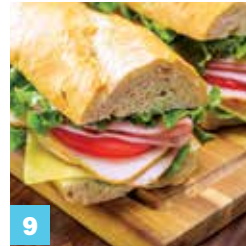


CHOOSING MORE FRUITS & VEGETABLES

Eating Smart at Home



High Five!
POWERED BY
BLUE CROSS OF IDAHO FOUNDATION FOR HEALTH



- 1 Keep a bowl of fruit on the counter
- 2 Make fruit smoothies for a quick breakfast or snack
- 3 Top baked potatoes with salsa
- 4 Keep baby carrots or other ready-to-eat vegetables on hand
- 5 Add corn, carrots, peas, sweet potatoes, or beans to soups and stews
- 6 Stir fry, experiment with different vegetables or use what you have on hand
- 7 Add bananas or berries to cereal or yogurt
- 8 Add peppers, onions, or other vegetables to spaghetti sauce
- 9 Top sandwiches with lettuce, tomato, and other vegetables
- 10 It all counts — fresh, frozen, canned, dried and 100% juice

REMEMBER TO EAT ALL YOUR COLORS:

RED
YELLOW/ORANGE
GREEN
BLUE/PURPLE
WHITE

