

To boost your veggie serving

- Buy pre-washed, pre-cut veggies – the convenience can be well worth any extra cost, and you'll be more likely to eat them.
- Add veggies into breakfast omelettes – chopped tomatoes, green or red peppers and onions are traditional favorites that provide flavor and nutrition.
- Add veggies to lunch sandwiches – grated carrots, sprouts or slices of avocado make delicious additions!
- Start each meal with a tossed salad. Save time by dressing up a bag of ready-to-eat salad greens with pre-cut items from the salad bar.
- Pureed or cut into chunks, veggies can really amp up the nutrients in your spaghetti sauce.
- Buy low or reduced sodium soup in a can and add fresh or frozen broccoli, beans, carrots, kale and other greens for a meal that's superfast and superhealthy!
- Load up on salsa! It's low in calories and high in both health benefits and versatility. Use it with everything from eggs to baked potatoes.

