

Eat More Vegetables & Fruit

Save time:

Fresh, frozen, and canned are all great choices. Rinse canned veggies to reduce salt.

Make it easy:

Try pre-washed bags of salad or veggies.

Add fruit:

Try berries with yogurt or fruit salad as an easy dessert.



Fruit + Veggie Tips

Flavour vegetables with herbs and spices. You can also try lemon juice, orange juice, or flavoured vinegars.

Add extra fruit and veggies to your smoothies. Try carrots, spinach, berries, kiwi, or watermelon.

Prepare fruit and veggies when you get home from shopping, so they are ready to use.



Try different cooking methods to help you find new ways to enjoy vegetables and fruits.

- Roast vegetables in the oven. Try beets, carrots, cauliflower, or tomatoes.
- Grill veggies like zucchini or bell peppers or fruit like peaches and pineapple.



Canada's Food Guide recommends making 1/2 of your meal veggies or fruit.

Vegetables and fruit contain fibre which can help with digestion and healthy bowel movements. Other nutrients in vegetables and fruit help to lower blood pressure and decrease risk of heart disease, stroke, and some cancers.

Watch the following videos to learn more about vegetables and fruit:



[Eating more fruits and vegetables](#)



[The Mediterranean Diet and fruits and vegetables](#)

Click on the links below for fruit and veggie-filled recipes:

- [Fresh lunch salad](#)
- [Dip veggies in creamy hummus](#)
- [Caprese Muffin Frittatas](#)
- [Three Sisters Soup](#)
- [Avocado, Banana Pancakes](#)
- [Creamy Fruit Smoothie](#)
- [Apple Pie Oatmeal](#)
- [Avocado and Tuna Salad Sandwich](#)

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