# How to get more fruits and vegetables into your diet.

Getting the minimum five daily servings of fruits and vegetables is not as daunting as you might think. You will need fruits, vegetables, imagination and a willingness to experiment.

Step 1.

Know what counts as a serving. A medium-size piece of fruit, a cup of salad greens, or a half-cup of cooked or raw vegetables all constitute one serving.

Step 2.

Begin at breakfast: Add dried or fresh fruit to cereal or yogurt; put vegetables in an omelet, or make a smoothie. Pack yourself a banana for a mid-day snack.

Step 3.

An assortment of veggies adds flavor and crunch to a green salad, but don't forget fruit. Apples, pears, mangoes, and mandarin oranges are a nice addition to a salad, too.

Whenever you eat spinach, have something high in vitamin C, like a citrus fruit. The combination can help your body absorb the iron in the spinach.

Step 4.

Use romaine or green-leaf lettuce in place of tortillas to make wraps.

Step 5.

Enrich tomato sauce with pureed vegetables like broccoli, squash, and carrots. Blend pureed cauliflower into your mashed potatoes.

Step 6.

Beef up canned soup with extra chopped veggies, either fresh or frozen, and spice it up with nutritious herbs like oregano and parsley.

If you have children, add one teaspoon of sugar per two cups of water when you boil vegetables; a study showed that teens are more willing to eat broccoli and cauliflower cooked that way.

Step 7.

Serve one-pot dishes like chili, stew, and baked pasta in hollowed-out bell peppers or baked squash halves. When you finish the filling, eat the bowl!

Step 8.

Enliven a baked potato, an omelet, or a piece of chicken with salsa. A few tablespoons of store-bought salsa count as a serving of vegetables, but you can also add extra chopped veggies, like onions, mushrooms, and peppers.

Fruit salsa is another option; it goes well with chicken, pork, and fish.

Did you know?

Blueberries are nature's number one 1 source of anti-oxidants among fruits and vegetables.

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