

**Add a
fruit or
vegetable
to every
meal!**



They taste great.

Enjoy fruits and vegetables...

Fresh: When a fruit or vegetable is in season, it's usually cheaper—and more delicious! Buy locally for the best deals, at farm stands and farmers' markets.

Frozen or Canned: They still offer great nutritional benefits, and you can store them for weeks.

At Every Meal: Include them every time you sit down to eat.

This Healthy Weight Awareness message is brought to you by

Breakfast

- Have a small glass of 100% fruit juice.
- Top off your cereal with raisins, bananas, blueberries, strawberries, or raspberries.

Lunch

- Add a can of peas or beans to your favorite canned soup.
- Put lettuce, tomato, or sliced cucumber on a sandwich.
- Pack an apple, pear, or grapes into a bag lunch.

Dinner

- Having spaghetti? Don't forget the tomato sauce. And add in frozen vegetables or green peppers and onions to your tomato sauce.
- Serve applesauce as a side dish.
- Toss a salad with your favorite veggies... carrots, tomatoes, broccoli, or even beans.
- Want dessert? Try layering low fat vanilla yogurt with crushed canned pineapple and banana slices.

- A box of raisins.
- An apple or banana.
- Baby carrots or carrot sticks.

- Celery, plain or with peanut butter.

Snacks

to have more energy and make every meal better!



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Healthy Maine Partnerships

Maine Department of Health and Human Services
Maine Center for Disease Control and Prevention

For more information on getting healthier at home or in your community, visit these great web sites:
www.healthymainepartnerships.org/panp or www.healthymainewalks.org

Write us at:

Physical Activity and Nutrition Program, Maine Center for Disease Control and Prevention, Maine Department of Health and Human Services, 11 State House Station – Key Bank Plaza, 4th Floor, Augusta, Maine 04333-0011.



John Elias Baldacci, Governor
Brenda Harvey, Commissioner
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