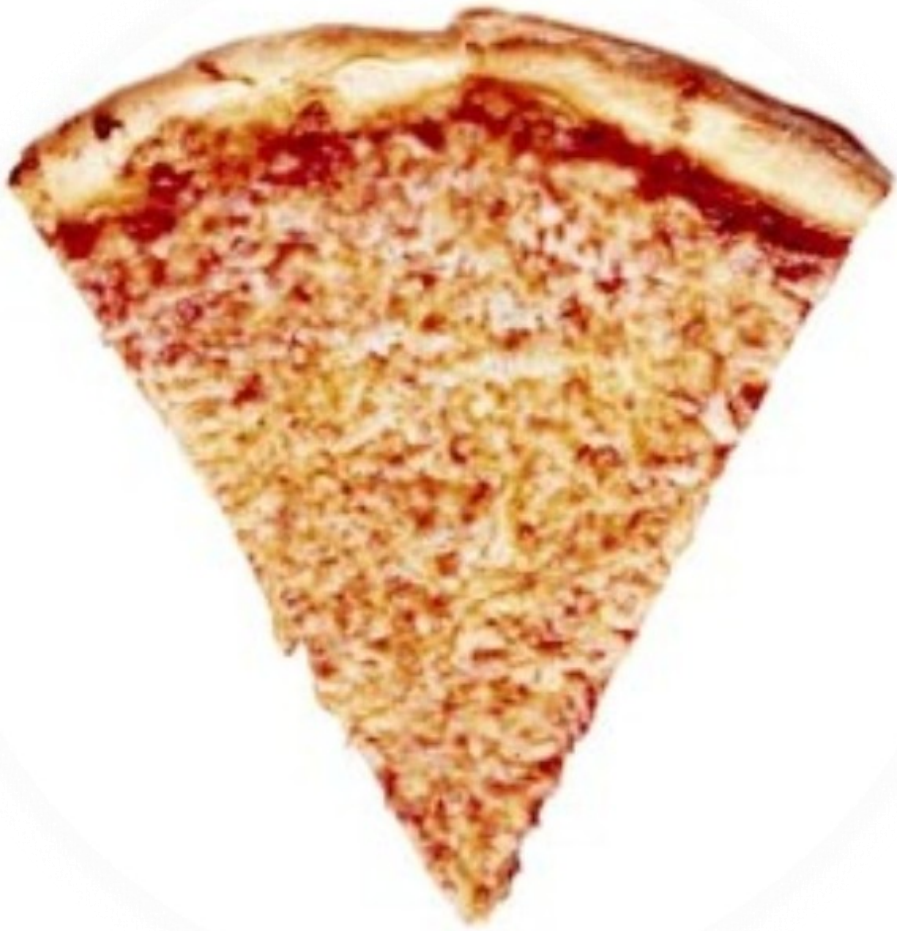


Put Some **Color** In It!



Póngale Algo De **Color**

Put Some Color in It!

How can you eat 2 ½ cups vegetables every day?

Add vegetables to every meal.

Add vegetables to already prepared foods.

* **How can you eat vegetables for breakfast?**

omelets with onions and peppers - potato vegetable medley

leftover veggies topped with fried eggs - soup for breakfast

Grits or leftover rice with zucchini squash and onions

Toast topped with veggies and melted cheese

* **How can you eat more vegetables for lunch?**

pack your sandwich with lettuce, tomato, cucumber, spinach

top your pizza with lots of veggies

have baked potato covered with broccoli

* **How can you eat more vegetables for dinner?**

Add zucchini, peppers and onions to your spaghetti

Add tomatoes, peppers and onions to your beans and burritos

Add a variety of vegetables to your rice.

Add broccoli to your macaroni and cheese

Add spinach and other vegetables to any prepared soups.

* **How can you eat vegetables when you snack?**

Cut up carrots, celery, peppers to have on hand in the fridge

for snacks. Dip veggies instead of chips. Make veggie smoothies.

* **How can you eat more vegetables when you eat out?**

Get salad instead of fries - Ask for more veggies on sandwiches

Have fruit on hand for any time eating.