

Eat More Vegetables and Fruits

Did you know...?

- [Canada's Food Guide](#) recommends eating plenty of vegetables and fruits every day. Choose different textures, colours, and shapes for variety.
- Frozen and canned vegetables and fruits can be just as healthy as fresh, and they can be stored longer.
- Choose whole or cut vegetables and fruits instead of juice.



Vegetables and fruits have many health benefits. They contain fibre which can help with digestion and pooping. Other nutrients help to lower blood pressure, risk of heart disease, stroke, and some cancers.

Shopping and storing tips

- Buy fresh, frozen, or canned vegetables and fruits when on sale to save money.
- Include frozen or canned vegetables and fruits with no added sugar, salt, or sauces for a healthy and quick dish.
- If you are short on time, try pre-washed bags of salad, spinach, baby carrots, snap peas, or broccoli.
- Buy some vegetables and fruits that are ripe and some that are partly ripe. This way, it will ripen on different days.
- After shopping, wash and prepare some foods before putting them away in the fridge. Everyone is more likely to snack on them when they're ready to eat.

Preparing and cooking tips

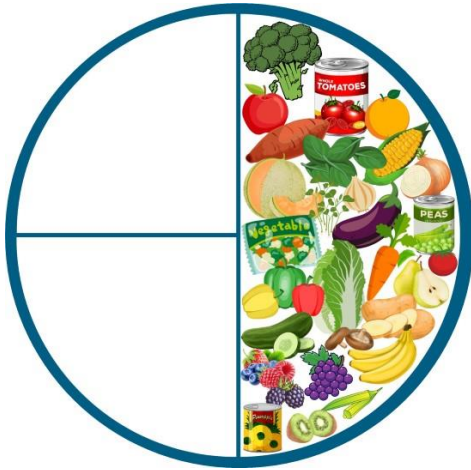
- When preparing vegetables and fruits for one meal, prepare extra for a meal or snack the next day.
- Try different recipes or methods of cooking to help you find new ways to enjoy vegetables and fruits. Try baking, grilling, roasting or steaming. Visit the food guide kitchen for ideas at <https://food-guide.canada.ca/en/recipes/>.
- Stir-fry vegetables using a small amount of water, canola or olive oil. Avoid deep-frying.



- Flavour vegetables with herbs and spices. You can also try lemon juice, orange juice, or flavoured vinegars.
- Kids may need to see, smell, or taste a food many times, or prepared in different ways before they accept it. Keep offering vegetables and fruits without pressure to taste or eat it.
- Roast vegetables in the oven for a different taste and texture. Try beets, carrots, cauliflower, onions, peppers, and tomatoes.
- Use sweet potatoes to bake homemade fries.
- Try a "build your own night". Let family members top their own tacos, pizzas, salads, or sandwiches with different vegetables or fruits.

How can I eat plenty of vegetables and fruit each day?

Fill half your plate, bowl, or lunch box with vegetables and fruits.



For meals:

- Start your meal with a salad made from cabbage, lettuce, spinach or grated carrot. Top it off with cut up oranges, apples, or strawberries.
- Add fresh or frozen vegetables to spaghetti sauce, soups, stews, chili, casseroles, or frozen meals.
- Double up on the vegetables in recipes. Use canned or frozen vegetables to save time.
- Eat fresh fruit or canned fruit packed in juice for dessert.
- Top pizza with mushrooms, zucchini, peppers, broccoli, spinach, shredded carrots, tomato slices, or pineapple.
- Add sliced fresh or frozen fruit to cereal, or yogurts.
- Mix carrot, pumpkin, zucchini into pancake or muffin batter.
- Put sliced or shredded vegetables in pitas, sandwiches and wraps.
- Offer to bring a salad, vegetable dish, or fruit dish when eating with friends and family.

For snacks:

- Keep washed and sliced carrots, celery, peppers, zucchini, or cucumber in the fridge for a quick snack or to add to a lunch bag.
- Serve raw vegetables with dips, like hummus, bean dip, or yogurt mixed with ranch dressing.
- Try unsweetened applesauce or fruit cups when on the go. You can also mix the fruit sauce into hot cereal or serve it with pancakes.
- Make a smoothie by blending ½ banana, ½ cup (125 mL) milk, 1 cup (250 mL) fresh or frozen berries or other fruit, and 1 cup (250 mL) ice.
- Freeze fruit that has become too ripe. Use it later in baking or smoothies.
- Have a bowl of washed fruit at work or on your table at home for an easy-to-grab snack.



For More Information



Talk to your healthcare team.

- Call Health Link at 811 and ask to talk to a dietitian or complete a [self-referral form](#) on ahs.ca/811.
- Visit ahs.ca/nutrition.
- Go to Canada's Food Guide: healthcanada.gc.ca/foodguide, click on the picture of the [vegetables and fruits](#) on the plate.

