# Color Your Plate

Below are tips on ways to add more fruits and vegetables to your diet.



## Fresh or frozen

Cut a variety of fresh vegetables to have ready to add to meals. Another great option is to keep frozen vegetables on hand.

For example:

- Add a handful of fresh spinach to your scrambled eggs
- Add fresh mushrooms to your pizza
- Add extra frozen carrots to your soups and stews



## Snacks

Keep fruits and vegetables ready to enjoy by washing and cutting them into snack-sized pieces for quick, healthy options.

For example:

- Raw carrots and hummus
- Yogurt with fresh berries




## Cooking

Vegetables can taste different depending on how you cook them. Experimenting ways to cook vegetables can help find the flavors you will enjoy.

For example:

- Steaming
- Oven roasting
- Eating them raw



## Prep ahead of time

Wash and chop your fruits and vegetables ahead of time. This will make it easier to grab them for a snack or add them to your meals, helping you stay on track with healthy choices.



## "Hide" vegetables

Chop them very small or blend them into sauces when cooking to make them harder to taste or feel.

UPDATED 11/2024

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