



## Add fruits and vegetables for a smart diet

Eating fruits and vegetables is a great way to improve your nutrition. But how much is enough? According to the Centers for Disease Control and Prevention, women should eat 2 to 3 cups of vegetables and 1-½ to 2 cups of fruit daily, and men should eat 2-½ to 4 cups of vegetables and 2 to 2-½ cups of fruit a day. This seems like a lot, but there are easy ways to include these delectable foods in your diet.

### Start with these tips:

- Instead of a bag of chips or box of cookies, keep a bowl of fruit on the kitchen counter or your desk at work so that you can grab a healthy snack when you're hungry.
- For a quick breakfast, have a smoothie made with fruits and low-fat yogurt.
- Buy packaged, ready-to-eat fresh vegetables and fruits to cut down on preparation time.
- Keep dried fruit on hand for a snack that is easy to take with you when you're away from home.
- Use the microwave to quickly cook vegetables.
- Add lettuce, tomatoes, mushrooms, and bell peppers to sandwiches.
- Toss veggies into almost any dish from scrambled eggs to pasta to meatloaf.
- Soup, including tomato and minestrone, or chili is perfect for any meal.
- Have salads or stir-fried vegetables when eating out or at home.

### Learn more

Go to the *Health & Wellness* section of [blueshieldca.com](https://blueshieldca.com) and click on *Healthy Lifestyle Rewards* for more information, including fun recipes, videos, and tips about fruits and vegetables. You can also find tools to help calculate how many servings you need.

### NUTRITION SCOOP!

#### Judge a veggie by its color

A vegetable's color signals the vitamins and minerals it contains. For a wide range of nutrients, try to eat lots of different colored vegetables daily.