

Food Tips For Busy Moms

Get Smart About Fruits And Vegetables

(NAPSA)—Over 90 percent of moms say it's important to include fruits and vegetables in their family meals, and they intend to serve more. But it's hard turning best intentions into reality; practical issues just get in the way.

To help moms realize that it's easy to include more fruits and vegetables in meals and snacks, *Fruits & Veggies—More Matters* offers *Get Smart!* strategies and tips. These helpful, practical, easy-to-use tactics are designed to help moms add more fruits and vegetables to their families' plates.

As You Shop

As you cruise the grocery aisles, remember: All forms count. Pick up fruits and veggies throughout the store; it's okay to use canned, frozen—even dried fruit, as well as 100 percent juice.

- Don't spoil your week when it's just beginning: Prevent spoilage by using perishable produce at the beginning of the week and frozen or canned selections at the end.

- Make it an adventure: Focus on variety—choose a different fruit and vegetable each week.

In Your Family Dinner

Getting more fruits and vegetables in at dinner doesn't have to be a struggle. Try adding them to the meals you are already making. Or make a meal starring just fruits and vegetables.

- Double delicious: Add a can of veggies, such as corn or green beans, to a can of soup; or onions, peppers and mushrooms to a jar of spaghetti sauce.

- Create a Picasso pizza or a colorful fiesta: "Paint" your pizza with peppers, broccoli, spinach and pineapple; or dress up your taco dinner with sweet peppers, cucumbers and avocado.



There are many colorful ways to add fruits and vegetables—fresh, canned, frozen, dried, and 100 percent juice—to the foods your family already eats.

Eating On The Go

Eating on the go can feel chaotic, but check these easy ideas and tips to avoid last-minute, sugary, high-fat snacks and meals that can really slow you down.

- Get sizzlin': Order sizzling options on the menu that include lots of vegetables like stir-fry or fajita entrees.

- Roll it up: Make a fruit roll-up that travels anywhere. Start with tortillas and peanut butter, then add your favorite fruits—fresh or dried.

- 100 percent juice: Keep it on hand to take with you on the go.

Fruits & Veggies—More Matters is a national public health initiative encouraging Americans to eat more fruits and vegetables for better health.

For more *Get Smart!* tips, as well as recipes, visit the *Fruits & Veggies—More Matters* Web site at www.fruitsandveggiesmorematters.org.