

**ARE  
YOU IN  
THE LOOP?**

**GET IN THE FRUIT &  
VEGETABLE LOOP!**

**EAT THE SENSATIONAL  
FRUITS AND VEGETABLES!**

**SMELL THEM. TASTE THEM.**

**SEE THEM. FEEL THEM.**

**ENJOY THEM!**

# HOW TO GET FRUITS AND VEGETABLES:

- **Make fruit smoothies for breakfast or a snack - Include berries, kiwi, mango, bananas, frozen mixed fruit**
- **Eat a fruit or vegetable every time you eat a meal or snack**
- **Frozen or canned fruits & vegetables can be superior in nutritional value, cheaper and more convenient than fresh**
- **Drink a 100% fruit juice or vegetable juice instead of energy drinks**
- **Add fruit and nuts to your yogurt**
- **Dip vegetables in Hummus**
- **Cover half your plate with fruits and vegetables**

- **Take fruit along - apples, bananas, pears, oranges, kiwi and berries**
- **Snack on vegetables - carrots, peppers, broccoli, cherry tomatoes and cucumbers**
- **Add vegetables, such as diced tomatoes and onions, to your egg or egg white omelet**
- **Put grapes and banana slices on wooden skewers and freeze for “fruit on a stick”**
- **Add frozen vegetables to casserole or pasta. Try broccoli, peas, and corn**
- **Ask for more vegetable toppings on your pizza and less cheese**
- **Add fruit and nuts to your yogurt**
- **Dip vegetables in Hummus**



**For smoothie recipes visit:**

**<http://allrecepices.com/Recipes/Drinks/Smoothies/Main.aspx>**

**Find great, inexpensive and quick recipes for college students:**

**[www.unh.edu/health-services/good\\_eats](http://www.unh.edu/health-services/good_eats)**

**Find your personal fruit and vegetable recommendations:**

**[www.mypyramid.gov](http://www.mypyramid.gov)**

**Check out facts about fruits and vegetables:**

**[www.fruitsandveggiesmorematter.org](http://www.fruitsandveggiesmorematter.org)**

**Find more recipes online at:**

**[www.health.gov/dietaryguidelines](http://www.health.gov/dietaryguidelines)**

**[www.epicurious.com](http://www.epicurious.com)**

**[www.foodtv.com](http://www.foodtv.com)**

**Check out the Health Services Resource Library for  
cookbooks and nutrition information!**

**Health Services, Second Floor**

**Make an appointment with the Health Services Nutrition Counselor:**

**(603) 862-3823**

**[WWW.UNH.EDU/HEALTH-SERVICES](http://WWW.UNH.EDU/HEALTH-SERVICES)**



