

THE DAILY ARDMOREITE

Posted Mar. 15, 2012 at 12:01 AM

Updated Mar. 15, 2012 at 2:14 PM

New ways to eat more fruits and vegetables

With Oklahoma ranked 50th in the U.S. in the consumption of fruits and vegetables, Shape Your Future, the Oklahoma Health Improvement Plan Obesity Work Group and the Carter County Turning Point Coalition have partnered with “Fruits & Veggies—More Matters” as a resource to make it easier for individuals and families to get more fruits and vegetables into their daily routine.

“Most people think of fruits and vegetables in very limited ways,” said Kristi Combes, Nutrition and Fitness Program Coordinator. “But there are limitless ways people can incorporate more varieties of fruits and vegetables into their routine, or even more ways to serve the fruits and vegetables they already love.”

In fact, there are at least 1,000 ways to serve fruits and vegetables according to the Fruits & Veggies—More Matters online recipe database. The database features four recipe categories:

- Fruits & Veggies—More Matters
- The Culinary Institute of America
- Recipes From Moms Like You
- 30 Minutes or Less

The recipes are easy, time-saving and available for family meals, snacks or packing to go. To obtain recipes visit www.fruitsandvegetablesmorematters.org.