

# THE DAILY ARDMOREITE

## **National Nutrition Month Goal: Eat more fruits, veggies**

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In an effort to make eating more fruits and vegetables an attainable goal, 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 make doing so a part of their daily lives.

“One of the big misconceptions is that people will have to drastically alter their meal planning and shopping routine,” said Kristi Combes, Carter County Health Department Nutrition and Fitness Program Coordinator. “But with very minimal changes and a little advance planning, it’s fairly easy to incorporate more fruits and vegetables into your daily routine.”

Fruits & Veggies—More Matters provides 10 realistic tips for those planning and shopping for meals:

- **Dried fruits:** take advantage of the vast assortment of dried fruits available and dress up your cereal or salads, or simply enjoy as a snack;
- **Leftovers:** Re-create leftovers to make a whole new meal. Use them in wraps or sandwiches, for quesadillas, in casseroles or with pasta;
- **Convenience:** Pick up some frozen or canned fruits and vegetables for later in the week or for busy nights;
- **Experiment:** Try new fruit or vegetables or prepare a familiar one in a different way;
- **Seasoning combinations:** Buy plain (unseasoned) frozen vegetables and create seasoning combinations using herbs, lemon juice or garlic to keep out the fat and salt;
- **100 percent juice:** Look for fruit and vegetable juices that say 100% juice;
- **Smoothies for breakfast:** Frozen fruit makes great smoothies for a breakfast or on the run;
- **Easy to “grab and go”:** Fill up that fruit bowl so you and your family can grab and go;
- **Meatless meals:** Plan one or more meatless meals for the week. There are endless possibilities for using dried or canned beans. They’re cheap too; and
- **Make more:** Plan or leftovers so you have a ready meal.

For more ideas about incorporating more fruits and vegetables into your diet, visit [www.ShapeYourFutureOK.com](http://www.ShapeYourFutureOK.com) or [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org).