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## EAT AT LEAST FRUITS + VEGETABLES EVERY DAY

### Try it!

- Try fruits and veggies different ways and try at least a couple of bites each time. It can take 7 to 10 tries before you like a new food, so be open to trying again and again. It may become your new favorite!
- Many fruits and veggies taste great with a dip or dressing. Try salad dressing, yogurt, nut butter, or hummus.
- Aim to have at least one veggie at every meal.

### Mix it!

- Add veggies to foods you already make, like pasta, soups, casseroles, pizza, rice, omelets, tuna fish salad etc.
- Add fruit to your cereal, pancakes, and chicken salad.
- Make a fruit smoothie with yogurt.

### Slice it!

- Keep washed and chopped veggies and fruits in the fridge so they are ready to grab and eat.
- Have fresh fruit with cheese wedges as a dessert.
- Make fruit or veggie kebabs for parties.
- Most people prefer crunchy foods over mushy ones. Enjoy vegetables fresh or lightly steamed, and avoid overcooking.

### Did you know?

A diet rich in fruits and vegetables provides vitamins, minerals, and phytonutrients, important for supporting growth and development, and for optimal immune function.

### What is a serving?

#### Young Children

- Size of the palm of their hand

#### Adolescents and Adults

- A whole fruit the size of a tennis ball
- 1/2 cup of chopped fruit or veggies
- 1 cup of raw, leafy greens
- 1/4 cup of dried fruits

MaineHealth

## LET'S GO!

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