



# TIPS TO BOOST THE FRUITS AND VEGETABLES IN YOUR DIET

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Fruits and vegetables have so many benefits for your health! We should aim to consume 5 fruits and vegetables a day. This may seem like a lot, but if you set goals for yourself you can achieve this. Here are some tips to boost the fruits and vegetables in your diet.

## **Keep it colorful.**

Challenge yourself to try fruits and vegetables of different colors. Make it a red/green/orange day (apple, lettuce, carrot), or see if you can consume a rainbow of fruits and vegetables during the week.

## **Add it on.**

Add fruit and vegetables to foods you love. Try adding frozen peas to mac'n'cheese, veggies on top of pizza and slices of fruit on top of FUTURELIFE® SmartOats or low-fat ice cream.

## **Mix them up.**

Add fruits and vegetables to food that's cooked or baked, or mix vegetables in with pasta sauces, lasagnas, casseroles, soups and omelets. Mixing fresh or frozen berries into pancakes, waffles or muffins is another great way to make fruits and veggies a part of every meal.

## **Roast away.**

Try roasting vegetables like cauliflower, broccoli, Brussels sprouts, onions, carrots, tomatoes or eggplant. Long exposure to high heat will cause these foods to caramelize, which enhances their natural sweetness and reduces bitterness.

## **Use healthier cooking methods.**

Steaming, grilling, sautéing, roasting, baking and microwaving vegetables are ideal preparation methods. Use fats and oils low in saturated fats sparingly; don't use *trans*-fats.



### **Enjoy vegetable dippers.**

Chop raw vegetables into bite-sized pieces. Try bell peppers, carrots, cucumbers, broccoli, cauliflower and celery, and dip your favorites into low-fat or fat-free dressings. Dip tip: Read the food label of sauces and dressings to make sure they are not overloaded with saturated fat and salt.

### **Sip smoothies.**

Smoothies are a great way to increase the amount of fruit you eat and they're really easy to make. Try adding fruit to your favourite FUTURELIFE® variant for a nutrient packed meal and experiment with different fruits to find out what you really like.

### **Try fruit pops.**

Put 100% fruit juice in an ice tray and freeze it overnight. You can eat the fruit cubes as mini-popsicles or put them in other juices. Frozen seedless grapes make natural mini-popsicles and are a great summer treat.

### **Enjoy fruit desserts.**

Fresh or canned fruit in light syrup or natural fruit juice, gelatin containing fruit and dried fruit are good choices for a dessert.

### **WHERE DOES FUTURELIFE® FIT IN?**

Why don't you try adding some fruit to your bowl of FUTURELIFE® in the morning? Alternatively, you can add fruit to your FUTURELIFE® smoothie. For recipes go to: <http://futurelife.co.za>.