

# FACT SHEET



## I have a hunch it's time for lunch!

Here are some fast, easy and delicious ways to add more fruits and veggies to your lunch...and remember to Mix it up!™:

- Enjoy a salad every day. Choose nutritious greens, like spinach and romaine lettuce, then pile on colourful veggies or fruit. Keep salads healthy by topping them with low fat dressings.
- Soup is comfort food at its best. Comfort yourself with a big bowl of vegetable, tomato or minestrone soup. In the summertime enjoy a cool, refreshing gazpacho.
- Heat up veggies from last night's dinner. Sprinkle with grated cheese and enjoy with a whole grain roll.
- Add carrot, cucumber, celery or zucchini sticks to your brown bag lunch. Pack some grapes or a piece of fruit for dessert or an afternoon snack.
- Pile your sandwiches high with fruits and veggies. Try some of these tasty sandwich ideas:
  - Sliced tomatoes, cucumbers, and dark leafy greens are a yummy sandwich start.
  - Add strips of green or red peppers, roasted or raw.
  - Spread mashed avocado on whole grain bread & add sliced tomatoes.
  - Stuff a whole wheat pita pocket with apples slices, low fat shredded cheese and romaine lettuce.
- Add a tangy coleslaw side dish - simply mix shredded cabbage with a creamy low fat salad dressing



### MIX IT UP!™ HEALTHY EATING TIPS

- Research indicates that people who eat more vegetables are more likely to maintain a healthy, balanced diet. Bring on the veggies!
- Eat different kinds of fruits and veggies each day. Each fruit and veggie has its own unique package of vitamins and nutrients. So mix it up!
- Instead of slathering your sandwich with butter or regular mayo, add crisp, crunchy veggies and a tangy mustard spread.
- When eating out at a restaurant, ask whether your entrée comes with a vegetable side dish. If not, make it a habit to order extra veggies on the side. Look for the Heart and Stroke Foundation's Health Check™ symbol beside menu items in various restaurants to help you make a healthy choice. For a list of participating restaurants visit <http://www.healthcheck.org/page/restaurant-finder>



### MIX IT UP!™ TASTY TIPS

- Don't let your veggie packed sandwich get soggy! Pack tomato and cucumber slices in a separate container and add them to your sandwich when you're ready to take your first bite.
- Add sliced fruit or berries to a dark green leafy salad.

### MIX IT UP!™ MONEY SAVING TIPS

- Buy fresh produce when in season.
- Don't shop when you're hungry and carry a list. You'll be more likely to stick to your budget and make nutritious food choices.
- Use flyers to help you find specials and buy more. Some freeze well or use them in a dish (soup or casserole) that can be frozen.



Fruits and Veggies – Mix it up!™ is a program of the Canadian Produce Marketing Association in partnership with the Canadian Cancer Society and the Heart and Stroke Foundation's Health Check™ program. Visit [www.fruitsandveggies.ca](http://www.fruitsandveggies.ca) for more information, recipes and helpful tips.

