

FACT SHEET



It's Time to Make Your Supper Super

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

- Double up! Reduce the amount of meat on your plate and serve up an extra spoonful of peas or potatoes.
- Enjoy crisp and colourful stir-fried veggies on a bed of brown rice, whole grain bulgur or couscous. Mix it up & toss in some raisins or chunks of pineapple, mango or kiwi.
- Top your homemade pizza with zucchini or squash slices, mushrooms, onions, green or red pepper strips, marinated artichoke hearts, broccoli florets, shredded carrots, fresh tomato slices, chopped spinach, or even fruit, like pineapple. Ordering in? Ask for double the veggies, half the cheese and whole grain crust. Look for Health Check™ menu items at your favourite restaurant.
- Add extra veggies to your favourite spaghetti sauce, chili, lasagna, casserole or stew.
- Fruit satisfies that sweet tooth at the end of the meal. Here are some great and fruity dessert ideas:
 - Spoon low fat yogurt into fresh or canned peach halves (in their own juice)
 - Sprinkle unsweetened applesauce with cinnamon. Cut up an assortment of fresh fruit and mix with canned pineapple in its own juice for a yummy fruit salad.
 - Dip fresh or canned fruit chunks into low fat yogurt.



MIX IT UP!™ HEALTHY EATING TIPS

- What they don't see won't hurt them! Use the blender or food processor to hide vegetables in food your kids love (spaghetti sauce or chili). You can even add pureed carrots to macaroni and cheese.
- Instead of butter, add low fat yogurt or buttermilk to mashed potatoes. Delicious!
- Got the munchies? Snack on baby carrots while you prepare dinner.
- In a hurry? Supplement your take-out dinner with fruits and veggies from home - microwaved veggies are always fast and easy.



MIX IT UP!™ TIME SAVING TIP

- Look for convenience in your produce department. Washed and ready bagged salads, carrots, sliced mushrooms and other veggies make it easy for you to add veggies to your meals and snacks.



MIX IT UP!™ TASTY TIPS

- Liven up your veggie side dishes with one or more of the following items:
 - fresh herbs (thyme, tarragon, rosemary, dill, parsley or basil)
 - vinaigrette salad dressing
 - lemon juice
 - grated orange peel
 - salsa
 - parmesan cheese
 - Mix it up and add raisins, dried apricots or sliced fruit to your veggie or grain dishes.
- Add a sprinkle of orange juice, nutmeg and cinnamon to mashed squash, sweet potatoes or pureed pumpkin.
- Pop a pierced potato in the microwave for about ten minutes. Top it with salsa and low fat yogurt or a low fat salad dressing.