

FACT SHEET



Snack Your Way to a Healthy Day

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

- Don't leave home without them! Make it a habit to carry fruits and veggies with you at all times. Pack them in your briefcase, purse or knapsack. Easy-to carry options include apples, pears, bananas, clementines, baby carrots and cherry tomatoes.
- Everyone loves veggies and dip – even kids. Use a low fat creamy salad dressing or yogurt and dip away with carrot sticks, red or green pepper strips, florets of broccoli or cauliflower, mushroom caps and more.
- Fruits like sliced bananas, apples, pears and berries are also great for dipping. For a fast and tasty dip use a low fat fruit-flavoured yogurt.
- Keep a bowl filled with fruit on your kitchen counter and on your desk at work for easy access during a snack-attack.
- Cut your favourite vegetables into snack size pieces and store them in clear, plastic containers. Make sure they are the first thing you see when you open the fridge.
- Pop a pierced potato in the microwave. Top it with salsa and low fat yogurt or a low fat salad dressing. Snacking at its best!
- Refresh yourself with a glass of spicy sodium-reduced tomato juice on the rocks.



MIX IT UP!™ HEALTHY EATING TIPS

- Most people, including kids, tend to eat what is handy. Keep fruits and veggies in sight and within reach.
- Got a sweet tooth? Snack on baby carrots or sliced fruit.
- Can't get your kids to eat enough veggies? Try them raw more often. Most kids prefer them this way – offer them with a low fat dip.
- Substitute whole fruit for fruit juices more often. While juices can have lots of vitamins and minerals, they contain very little fibre. Choose 100% fruit juice with no added sugar.
- Try at least one new healthy recipe involving fruits and veggies each week. Make it a family project to pick the best recipe or take turns choosing what to include.



MIX IT UP!™ MONEY SAVING TIPS

- Looking for an inexpensive, fun family outing? Visit a farm that allows you to "pick your own produce." Or go strawberry picking.
- Compared to the cost of cookies, chips and cakes, fruits and veggies are a nutritional bargain.
- Don't shop when you're hungry and do carry a list. You'll be more likely to stick to your budget and nutritious food choices.
- Use store flyers to help you find in-season specials.

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 for more information, recipes and helpful tips.

