

# FACT SHEET



## Rise & Shine – It's Breakfast Time

Here are some fast, easy and delicious ways to add more fruits and veggies to your breakfast...and remember to Mix it up!<sup>™</sup>:

- Start each day with a refreshing glass of 100% orange juice. Mix it up and enjoy fresh apple, grapefruit, cranberry or plum juice. Remember, 4 ounces (1/2 cup) is one serving.
- Sprinkle half a grapefruit with cinnamon or mix it up by broiling it to golden brown.
- Whole grain cereal with low fat milk is one of the most nutritious breakfast choices you can make. Top your cereal or warm oatmeal with sliced bananas, kiwi or fresh berries.
- Dig into a bowl of low fat yogurt mixed with pieces of fresh fruit.
- Grab fruit – like pears, apples or bananas - for breakfast on the go.
- Add 250ml (1 cup) of fresh berries or mashed bananas to pancake batter. Liven up your waffles and pancakes with slices of fresh peaches or some fresh berries.
- Fill half of a small melon – like cantaloupe or honey dew – with low fat cottage cheese.
- Top half a whole grain bagel with apple slices, a sprinkle of cinnamon and a slice of low fat cheese. Broil until the cheese melts.
- Spread peanut butter (or non-peanut alternative) on a slice of whole wheat toast. Heat half a banana in the microwave for 30 seconds. Mash the banana with a fork and spread on the toast.



### MIX IT UP!<sup>™</sup> HEALTHY EATING TIP

- To help maintain a balanced diet and a healthy, active lifestyle, eat a wide variety of brightly coloured fruits and veggies each day. Dark green, orange and red fruits and veggies – like spinach, oranges, carrots, tomatoes, strawberries and red peppers – give you bigger bang for your nutritional buck. Include cruciferous vegetables - like broccoli, cauliflower and cabbage - and onion and garlic in your diet.
- Worried about the nutritional value of canned or frozen fruits and veggies? Don't be! Nutrients are more or less "locked in" when produce is frozen or canned. Choose ones prepared with little or no added fat, sugar or salt.
- *Canada's Food Guide* recommends choosing lower-fat foods more often. With the exception of olives and avocados, all fruits and veggies are low in fat. What's more, the fat found in olives and avocado is primarily the monounsaturated, healthier-for-your-heart kind.



### MIX IT UP!<sup>™</sup> TIME SAVING TIP

- Can't make it to the grocery store this week? No problem! Buy fresh produce – like peaches and bananas – in varying degrees of ripeness to allow for ripening as the week goes on.

### MIX IT UP!<sup>™</sup> MONEY SAVING TIP

- Refrigerate apples – they soften 10 times faster at room temperature.
- Don't throw out ripe bananas. Peel and freeze them to use them later for baking, smoothies and more.



Fruits and Veggies – Mix it up!<sup>™</sup> 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<sup>™</sup> program. Visit [www.fruitsandveggies.ca](http://www.fruitsandveggies.ca) for more information, recipes and helpful tips.

