

Keep an **apple** in your purse, backpack or duffel bag.



Add sautéed **spinach** to scrambled eggs, burritos or spaghetti sauce.

2



# HEALTHY TOP TEN

Eat **salsa** with eggs or on a baked potato.

3

Mix milk and cheddar cheese over medium heat and serve over **broccoli or cauliflower.**

4

## Eat More Fruits and Vegetables

Pick from **fresh, frozen or canned** fruits and vegetables.

5

**Choose** low- or no-sodium canned vegetables and fruit packed in its own juice, or rinse fruit packed in syrup before eating.

6

Hide broccoli or spinach under the cheese on **pizza.**

7



8

Buy plain yogurt and add frozen or fresh mixed **berries.**

Keep fruits and vegetables front and center, **ready to eat** when you are.

9



Puree carrots, sweet potatoes or yams and add them to **tomato soup.**

10