

## 55 Ways to do 5 a Day

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### Jump Start with Breakfast

1. Add fresh or dried fruit on top of cereal.
2. Whip up a fresh fruit shake with your favorite fruit, milk and yogurt.
3. Add dry fruit to your muffin mix.
4. Mix fruit into pancake batter or top pancakes with fruit in place of syrup.
5. For breakfast or a snack, have a grapefruit lightly drizzled with honey or brown sugar.
6. Top yogurt with fresh or dried fruit.
7. Try pureed fruit with a bagel or toast.
8. Have a glass of 100% juice to start your day.

### Brown Bag Lunches

9. To your lunch bag, add zucchini, carrot or sweet pepper strips.
10. In place of peanut butter and jam, try peanut butter and banana.
11. Instead of lettuce, use spinach, tomatoes and sprouts in sandwiches.
12. Marinate mixed, sliced vegetables with low-fat Italian dressing and use with turkey in a pita pocket.
13. Try slices of fruit in your sandwiches.
14. Be adventurous! Go meat-free and make a veggie sandwich.
15. In every brown bag lunch, add one fresh fruit and one fresh vegetable.

### Snack Attack

16. Keep single serving 100% juice boxes in your car.
17. Make ice cubes or pops from unsweetened fruit juice.
18. Drink a glass of 100% fruit juice anytime.
19. Place cut vegetables in cold water in front of your refrigerator.
20. Purchase precut packages of cauliflower, carrots, and broccoli.
21. While dinner is being prepared, put out fruits and vegetables.
22. Place single serving raisin boxes in your cookie jar.
23. Create fresh salsa with tomatoes, minced onion, garlic and cilantro.
24. Make a berry spritzer: Add berry puree to sparkling water.
25. Serve cut up portions of fruits and vegetables with a yogurt dip.
26. Make a delicious fruit salsa with grapes, pineapples and mangoes with onions and brown sugar.
27. With dips and spreads, serve cucumber slices in place of crackers.
28. Try dried fruit as a snack.
29. For your commute home, pack an apple.

### Dinner Tips

30. Instead of pasta or rice in your favorite dishes, try spaghetti squash.
31. When preparing a can of soup, add vegetables.
32. Replace meat in your lasagna with finely chopped vegetables and low-fat ricotta cheese.

33. Cook vegetables for 5 minutes in the microwave.
34. Try a veggie potato bar.
35. When eating out, order extra veggies.
36. Top salads with fruit canned in water or its own juices.
37. Garnish your dishes with a color splash of fruits and vegetables.
38. To meatloaf or spaghetti sauce, add pureed fruit and finely minced vegetables.
39. Create a quick veggie pizza by topping a pita pocket with spaghetti sauce, low-fat cheese and vegetables.
40. Use a variety of greens in your salads.
41. Add vegetables to pasta.
42. Try a baked potato topped with salsa.
43. Add 1-3 extra vegetables to a casserole.
44. For a sauce, use pureed fruit over meat.
45. To thicken sauces, soups or casseroles, add pureed vegetables.
46. Make a layered vegetable burrito: Use rice, beans, cheese, corn and plenty of veggies.
47. Instead of stir fry or teriyaki sauce, use undiluted frozen 100% juices.

### Low Guilt Desserts

48. Prepare Jell-O with juice and add fruit slices.
49. In cake mixes, use two times the amount of pureed canned beans in place of oil.
50. In place of ice cream, serve lightly sweetened mashed and pureed fruit.
51. Pour Sprite over cut up fruit.
52. Bake bananas or pears with pineapple juice and brown sugar. Stuff them with spices and raisins.
53. Instead of fat in muffins and cake mixes, use canned baby food prunes or applesauce.
54. Top angel food cake with fresh fruit.
55. **Just do it!** Be experimental with a new fruit or vegetable or a different method of preparation every week.

For more information or a 1:1 wellness consultation, please contact Julie Chobdee, MPH, Wellness Program Coordinator, at [Julie.Chobdee@ucr.edu](mailto:Julie.Chobdee@ucr.edu) or x2-1488.

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