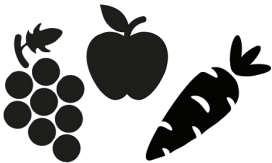




YMCA HEALTHY HABITS

**EAT FRUITS
& VEGGIES**



#YMCA

#HealthyHabits

#Fruits #Veggies



indymca.org/healthyhabits



HEALTHY HABIT TIPS: EAT FRUITS & VEGGIES

- To get the recommended 5 servings a day, start eating them early, such as having fruit in your breakfast cereal
- Enjoy a smoothie by blending low fat yogurt with fresh or frozen fruits
- Stock your freezer with frozen vegetables to steam or stir fry for a quick and easy side dish
- Keep cut vegetables handy for healthy snacks on the go
- Get a pretty fruit bowl – visibility encourages eating
- Try crunchy vegetables instead of chips, and use your favorite low fat dressing as a dip
- Make fruit your dessert!

