

## **Fruits & Veggies *On the Go!***

You know that eating a diet rich in fruits and vegetables is good for you, but you're constantly on the go. See how you can fit fruits and veggies into your everyday world. Fruits and vegetables can be a part of a balanced diet anytime, anywhere.

Fruits and veggies are available in many different forms that are easy to take with you. Prepared fresh fruits and vegetables, like baby carrots and fresh fruit cups, are available in the produce section. Dried fruits and vegetables pack away easily in your bag. Pre-packaged fruits in their own juice make a great addition to any lunch sack.

### **It all adds up**

Breakfast on the Road - Blend a smoothie with fresh fruit to drink on the way to work or school.

Mid-Morning Snack - Mix your favorite nuts with dried fruit such as cranberries, raisins, or apricots for a homemade trail mix to keep in your desk.

Lunch at a Restaurant - Have a salad with a fat-free or low-fat dressing and a low-fat or fat-free vegetable soup at your favorite local restaurant or school cafeteria.

Afternoon Snack - Snack on hummus and dippable veggies such as carrots and broccoli florets, for an energizing afternoon snack.

Dinner at Home - Add steamed, baked, or sautéed veggies to your dinner at home.

### **“Make that a side of veggies”**

It may be easier than you think to eat fruits and veggies when dining out. In addition to serving up salads, soups, and fruit cups, many restaurants and cafeterias offer veggie-packed entrees and sides.

- Try vegetable stir fry, vegetable fajitas, veggie wraps, or pasta primavera.
- Order a side of veggies with your meal, or pick three or four veggie sides and create your own vegetable plate.

Recipes that travel with you

Breakfast:

#### **Strawberry Yogurt Shake**

Shakes are easy to prepare and will easily travel with you in a cup. Make one on your way out the door to drink on the way to work.

1/2 cup unsweetened pineapple juice

3/4 cup plain low-fat yogurt

1-1/2 cups frozen unsweetened

strawberries

1 tsp granulated sugar (optional)

- Add ingredients in the order listed to a blender container.
- Puree at medium speed until thick and smooth.
- Pour into glass and enjoy. (Makes 2 servings.)

Nutrition info per serving\*: Calories 140kcal; Fat 2g; Sodium 65mg; Carb 27g; Fiber 2g; Protein 6g; Vit A 2%; Vit C 90%; Calcium 20%; Iron 6%

### **Snack or Dinner:**

#### **Quick Bean Salad**

This speedy salad recipe can be easily taken with you to work for an afternoon snack or as a side dish at dinner. Using canned beans helps decrease the preparation time.

1 (15 oz) can garbanzo beans, rinsed and drained  
1 (16 oz) can French style green beans, drained  
1 (14 oz) can artichoke hearts, rinsed, drained, and quartered  
1/2 cup fat-free Italian salad dressing

- Combine first three ingredients in a large bowl, tossing lightly.
- Pour dressing over vegetables, toss well, and chill for two hours before serving. (Makes 8 servings.)

Nutrition info per serving\*: Calories 90kcal; Fat 1g; Sodium 290mg; Carb 14g; Fiber 3g; Protein 5g; Vit A 4%; Vit C 6%; Calcium 4%; Iron 10%

### **Lunch or Snack:**

#### **Sun-Dried Tomato Hummus**

Hummus is a great item to take with you for lunch or for a snack. Bring along dippable veggies, such as baby carrots and broccoli, to eat with the delicious hummus.

2 (15 oz) cans garbanzo beans, rinsed and drained  
1/3 cup fat-free yogurt  
1/4 cup tahini (sesame seed paste)  
3 garlic cloves  
1/2 cup chopped and drained sun-dried tomatoes packed in oil  
1 tsp dried oregano leaves  
2 tsp lemon juice

- Process garbanzo beans, yogurt, tahini, and garlic in food processor until smooth.
- Stir in sun-dried tomatoes and herbs; season to taste with lemon juice.

- Refrigerate two hours before serving. (Makes 8 servings.)

Nutrition info per serving\*: Calories 190kcal; Fat 5g; Sodium 400mg; Carb 29g; Fiber 6g; Protein 8g; Vit A 2%; Vit C 10%; Calcium 8%; Iron 15%

### **Grab & Go**

Stock your pantry, desk or refrigerator with items that can easily be taken with you. When you are in a hurry, you will have many delicious and nutritious snacks to choose from. Some great options include:

- 100% juice boxes.
- Dried fruit, such as raisins, apples, and dates.
- Fresh whole fruit.
- Pre-packaged green salads\*.
- Baked veggie chips.
- Fruit in pre-packaged individual serving containers packed with water or fruit juice\*.
- Pre-cut fruits and veggies\*.
- No-added sugar applesauce in individual serving containers.

\*Refrigeration required

**Visit [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov) for more great recipes.**

\*Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value (DV) based on 2,000 calories