Increasing Vegetables and Fruits in Your Diet
Patient Education

20 Ways to Increase Vegetables in Your Diet
(Adapted from Stealth Health by Evelyn Tribole, MS, RD)

1. Remember that eating any vegetable, whether canned or frozen, is an improvement over not eating one at all.
2. Grow a vegetable garden. There’s nothing like the flavor of a homegrown vegetable. Simply try planting in a pot of soil.
3. Change the texture of vegetables from cooked and soft to raw and crunchy. For example, instead of serving cooked carrots with a meal, don’t be afraid to offer crisp raw carrots instead.
4. Adorn a favorite food with vegetables: top your pizza with bell peppers or something new.
5. Add a little butter or margarine if that makes the difference between eating vegetables or not.
7. Steam in a flavorful broth such as chicken stock or vegetable broth.
8. Throw some vegetables on the grill, either whole or large skewer pieces.
9. Double your normal portion for vegetables.
10. Try vegetable or tomato juice for a beverage.
11. Try one new vegetable or vegetable based recipe each week.
12. Take advantage of packaged fresh salad greens for an instant easy salad.
13. Serve a festive vegetable-snacking platter at home or for parties. Include broccoli, bell pepper rings, snap peas in addition to the usual veggies.
14. Add chopped tomatoes and other vegetables to burritos and tacos.
15. When eating out, ask yourself - How will I get a vegetable at this meal?
16. If eating a fast food meal try adding a baked potato, side salad, or a visit to the salad bar. Remember to minimize the salad dressing.
17. Chop a variety of different vegetables and toss them into your salad such as jicama and zucchini.
18. Add leftover vegetables to your favorite soup.
19. Stock your freezer with frozen vegetables so that you are never without vegetables.
20. Eat more vegetable-based meals such as stir-frys and pasta primavera.

**Here’s another one: grate different veggies (carrots, zucchini, etc) in sauces, ground meat or chicken for tacos, or casseroles etc.
20 Ways to Increase Fruit in Your Diet
(Adapted from Stealth Health by Evelyn Tribole, MS, RD)

1. Buy fresh fruits in different stages of ripeness so they are ready to eat when you are.
2. Most of the health benefits of fruit are in the fiber and pulpy parts of fruit. Use primarily the whole fruit when making smoothies.
3. Keep small packages of raisins and other dried fruits in a convenient place – desk drawer, briefcase, kitchen table, or glove compartment of your car.
4. Begin your day with two fruit servings such as berries or sliced banana with cereal and a glass of orange juice.
5. Keep convenience sources of fruit on hand when fresh fruit isn’t quite available.
6. Puree canned fruits such as apricots and use as sauce over low-fat ice cream or serve warm over pancakes for a real fruit syrup.
7. When traveling, don’t forget about getting a fruit source with your meals, whether it’s berries or melon with breakfast or orange juice with lunch.
8. Take advantage of freshly prepared fruit in the produce section of the grocery store such as melon balls and pineapple wedges.
9. Choose desserts that contain fruit such as a fresh fruit tart or berry studded fruit sundae.
10. Take advantage of juice/smoothies bars. Opt for beverages that include whole fruit such as banana or strawberries.
11. Throw fruit into a gelatin for an appealing fruit snack.
12. When flying, request orange or apple juice for your in-flight beverage. If you don’t like the canned taste, mix equal parts of juice and club soda.
13. Add a fruit kebab to lunch by skewering some of your favorite fruits.
14. Start dinner with a fruit bowl appetizer. Fruit will easily get gobbled up with a hungry appetite.
15. Toss some dried fruits in your favorite muffin recipe or add to cereal.
16. Try a fresh fruit topping on your favorite frozen yogurt.
17. Try a new fruit today such as kiwi, mango or star fruit. Visit your local farmers market.
18. Add fruit to a recipe; for example add orange slices or strawberries to a green salad
19. Don’t forget about cooked fruits. If you have an oversupply of pears, peaches or berries, make a fruit compote or bake the fruit with a sprinkle of cinnamon.
20. Entertain with fruit. Take a fruit platter or fruit basket to a party. Try a contemporary fruit fondue – hollow out a fat-free sponge cake and fill with a low-fat cream cheese dip. Serve with a platter of fresh fruit and skewers; strawberries work especially well.

E Connor 7/10

Cancer Supportive Care Program

This document is intended for use by staff of Stanford Hospital and Clinics. No representations or warranties are made for outside use. Not for reproduction or publication without permission. Direct inquiries to Stanford Hospital and Clinics. Clinical Nutrition. 07/2010.