



Take In

more fruits and veggies

2 ½ - 5 cups a day

Easy Ways to Take More

- Eat like the rainbow: choose a variety of fruits and vegetables.
- Try fun snacks like fresh fruit dipped in fruity yogurt.
- Enjoy baked chips with salsa.
- Add frozen vegetables to soup.
- Put the food guide pyramid to work daily in your life. For lunch, make your sandwich with lettuce and tomato instead of cheese, and pack a piece of fruit.
- Open a cookbook and try a new recipe made with fruits and vegetables every week.
- Think of calories as you would money. You want to be careful how you spend them. Fruits and vegetables are a great calorie bargain!



PROMOTE PROTECT PROSPER
South Carolina Department of Health
and Environmental Control

www.scdhec.gov

This material was funded by USDA's Supplemental Nutrition Assistance Program.
This institution is an equal opportunity provider and employer.