

It's All About Balance: Eat Smart, Move More, Rest Well

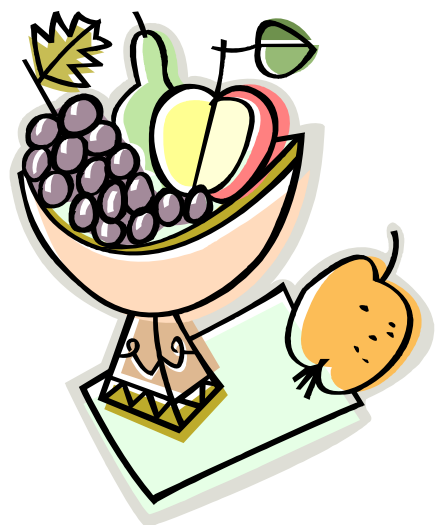
## 4 Tasty Ways to Enjoy More Fruit and Veggie Snacks

### Enjoy fresh fruit and veggie snacks.

It is no secret that fresh fruit and veggies provide a nutrition boost for everyone in your family. But, how can you get them to eat more produce snacks? The answer is in plain sight. That's right! Just keep bright, beautiful produce right where everyone can easily grab it for snacks-on-the-run. Keep a bowl of fresh, ripe whole fruit in the center of your kitchen or dining table. Keep small bags of fresh veggie snacks (carrots, celery sticks and broccoli florets) at eye level in the fridge.

### Enjoy dried fruit and veggie snacks.

Dried fruit is the perfect snack-to-go. It doesn't need refrigeration. It never makes a mess in your backpack or purse. Choose dried fruit with little or no added sugar. Apples, apricots, blueberries and raisins are often dried with just their own natural sweetness. Add dried fruit to trail mix or to fresh fruit salads for a splash of color and a healthy dose of nutrients. Dried beans and peas count as veggies. Look for crunchy dried soybean, pea and chickpeas.



### Enjoy canned fruit and veggie snacks.

Canned fruits make nice, quick and low-cost snacks. Enjoy fruits canned in juice or made without added sugar—like natural applesauce. Divide larger cans into smaller portions in reusable plastic containers. A quick and easy choice is the single-serve containers of canned fruits. Try mandarin oranges, pineapple chunks and applesauce. Canned beans make zesty snack dips when mixed with other veggies. Mix beans with canned corn and spicy salsa.

### Enjoy frozen fruit and veggie snacks.

Frozen fruits often cost less than the fresh. Buy frozen strawberries, raspberries and blueberries in large bags. Use small handfuls for yogurt toppings or in smoothies. They are also great on hot or cold cereal. Frozen bars made from 100% fruit and juice (commercial or make your own) are a sweet and refreshing treat on hot summer days. You can microwave frozen vegetables and add them to bean/salsa dip combinations.

**Have you heard about DASH?** The DASH (*Dietary Approaches to Stop Hypertension*) eating plan helps to lower high blood pressure. In an April 2008 study, it was also shown to reduce the risk of heart disease in women. DASH is rich in fruits, vegetables and reduced-fat dairy products. Learn more at [www.oregondairycouncil.org/dash/](http://www.oregondairycouncil.org/dash/). Find lots of tasty DASH recipes at [www.mayoclinic.com/health/dash-diet-recipes/RE00089](http://www.mayoclinic.com/health/dash-diet-recipes/RE00089).