
Health Benefits of Fruits and Vegetables

- Keep a bowl of whole fruit on the table or visible in the refrigerator.
- Throw in extra vegetables or fruit to a recipe.
- Add vegetables to a sandwich or omelet.
- Make a bean or hummus dip for vegetables.
- Grab vegetables when you need a crunchy snack.
- Pre-package and wash vegetables so they are grab and go.
- Order a side of vegetables if out to dinner.
- Rinse canned vegetables.
- Choose canned fruit packed in 100% juice.
- Choose bean-based meals.

Add More Fruits and Vegetables to Your Day

Fill half your plate with fruits and vegetables!

Get Creative with a Variety of Vegetables

GRILL THEM!
ROAST THEM!
STEAM THEM!
Eating at least 3 servings of whole grains is associated with decreased abdominal fat, type 2 diabetes, cancer, and heart disease.

Whole grains are less processed and contain more vitamins and minerals.

Identifying Whole Grains:

• Look at the ingredient list to determine if a food is a whole grain.
• Whole grain must be listed as the first ingredient to count as a whole grain.
• Just because a food contains fiber, it does not mean it is whole grain.

Choose low-sugar, whole-grain cereals

• Less than 6 grams of sugar per serving
• Whole grain listed first
Peanut Vegetable Stir-Fry
Makes 2 servings | Serving Size: 1 cup

**Ingredients**
- 2 cups of fresh or frozen mixed stir fry vegetables
- 1 tablespoon of canola oil
- 3 tablespoons of peanut butter
- 3 tablespoons of low-sodium soy sauce
- 2 tablespoons of unsweetened applesauce
- 1 teaspoon of cornstarch
- Pinch of red pepper flakes
- 1 cup brown rice, cooked

**Directions**
1. Cook rice according to directions.
3. Combine peanut butter, soy sauce, apple sauce, cornstarch, pepper flakes, and 2 tablespoons of water. Mix well.
4. Add vegetables. Cook until tender.
5. Mix in peanut sauce. Stir until vegetables are well coated. If peanut sauce is too thick, add water. Add cornstarch if too much liquid.

**NUTRITION FACTS**
- Calories 344
- Total Fat 19g
- Saturated Fat 2g
- Protein 10g
- Carbohydrate 28g
- Dietary Fiber 5g
- Sodium 625mg
- Sugar 5mg

**This is a lower-sodium stir fry without added sugar.**

**Can substitute whole grain pasta noodles for brown rice.**

Apple Cinnamon Oatmeal
Makes 2 servings | Serving Size: 1 cup

**Ingredients**
- 1 cup of 100% apple juice
- 1 cup of old fashioned plain oats
- 1/2 teaspoon of cinnamon
- 1/4 diced apple

**Directions**
1. Add all ingredients to a microwave-safe bowl.
2. Microwave on high for 2–2½ minutes.
3. Consider topping with nuts or raisins.

**NUTRITION FACTS**
- Calories 228
- Total Fat 3g
- Saturated Fat 0.5g
- Protein 5g
- Carbohydrate 47g
- Sodium 0mg
- Dietary Fiber 5g

**This is a great whole grain breakfast without added sugar. The apple juice adds natural sweetness.**
SMART GOAL

WEEK 7

REFLECT AND CELEBRATE

How did you do with your Week 6 Step?
_____________________________________________________________________________________
_____________________________________________________________________________________

Take Control SMART GOAL (the goal you set Week 1)

Choose one or develop one of your own: By the end of the program...
I will increase my fruit and vegetable intake to ______ times for ______ days a week.
I will be active for ______ minutes for ______ days a week.
I will increase the cups of water I drink to ______ cups/day.
I will: ______________________________________________________________________________

What is my motivation? Why will I do this?
_____________________________________________________________________________________
_____________________________________________________________________________________

PLAN AND TAKE ACTION

My SMART Step for Week 7 to work towards my goal:
_____________________________________________________________________________________
_____________________________________________________________________________________

What are some obstacles to achieving my Week 7 step?
_____________________________________________________________________________________
_____________________________________________________________________________________

What are some solutions to overcoming the obstacles?
_____________________________________________________________________________________
_____________________________________________________________________________________

Who can support me?
_____________________________________________________________________________________
_____________________________________________________________________________________

What did I learn today?
_____________________________________________________________________________________
_____________________________________________________________________________________

TRACK

Check off days that I achieved my Week 7 step:
☐ Monday   ☐ Tuesday   ☐ Wednesday   ☐ Thursday   ☐ Friday   ☐ Saturday   ☐ Sunday

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