

# September is Fruits & Veggies – More Matters® Month

*(From September 2016 newsletter)*

Did you know it is Fruits & Veggies—More Matters® Month? Fruits & Veggies—More Matters® Month highlights the importance of healthy eating in staying strong and healthy. The UI Wellness Center supports this important health awareness event. Continue on to learn simple ways you can add more fruits and veggies to your diet.

Adding more fruits and veggies to your diet doesn't have to be expensive—there are many low-cost (or no cost!) alternatives, like adding chopped vegetables to pasta sauce or replacing your afternoon bag of chips with an apple. And simple changes like these can really pay off—eating healthy can help lower the risk of many chronic diseases like heart disease and type 2 diabetes.

Fruits and veggies are also delicious! This is a great time to try a new recipe that features produce—or to bring home a fruit or vegetable that your family hasn't tried before for fun. Remember, good habits start early—if you have kids, encouraging them to eat lots of fruits and veggies can go a long way in helping them develop healthy eating habits that will last a lifetime.

Here are seven easy ways to get more fruits & veggies into your life:

1. Keep a bowl of fruit handy where the entire family can see it.
2. Cut up fruits and veggies ahead of time so they're ready for a quick, healthy snack.
3. Consider convenience when shopping. Try pre-cut packages of fruit and veggies for a healthy snack in seconds. Choose packaged fruits that don't have added sugars.
4. Sauté some veggies with olive oil and add your favorite spices. Dunk them in your favorite dressing, hummus or low-fat dip.
5. Throw baby carrots or grapes into a bag and take them with you for an easy snack on the go. The tiny versions of most vegetables actually tend to be sweeter and have more flavor in each bite.

6. Whether it's strawberry-banana, green tea and blueberry, or a fruit and veggie mix, smoothies are an easy way to drink up your fruit and veggie servings.
7. Try a new veggie recipe.

For a cornucopia of healthy recipes featuring fresh fruits and veggies go to our [online recipe box](#)

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