

News Of Nutrition

Easy Ways To Eat More Fruits And Vegetables

(NAPSA)—From orange peppers and green spinach to purple plums and red watermelon, eating colorful foods could leave you as a picture of health.

The Centers for Disease Control recommends that everyone consume more fruits and vegetables. One reason is that eating a variety of colorful produce on a regular basis provides a great source of vitamins, minerals and other natural substances to help protect against chronic diseases.

The good news is that in addition to being healthful and nutritious, fruits and vegetables can be easy to add to almost any diet. Try these tips:

- Add vegetables such as bell peppers, mushrooms or tomatoes to your omelet.
- Top toasted whole-grain bread with peanut butter and sliced bananas.
- Ask for more vegetable toppings and less cheese on your pizza.
- Add lettuce, tomato, onion and cucumber to sandwiches.
- Snack on vegetables such as bell pepper strips and broccoli with a low-fat ranch dip.
- Top a cup of low-fat yogurt with sliced fresh fruit.

Saving Green On Your Greens

Of course, if you plan to eat more fruits and veggies, it could pay to also find ways to keep them fresh. Still, Americans



Healthy Idea—There are ways to make produce stay fresh longer.

throw away 27 billion pounds of produce annually because it has spoiled. That translates into about \$250 worth of wasted produce per person.

One solution is to use a product such as Produce Saver from Rubbermaid. The food containers can help consumers reduce food waste, save money and live healthier lives by keeping produce fresh up to 33 percent longer than traditional containers.

The line is designed with a vented lid that allows produce to breathe and a tray that elevates food out of moisture. Available at local retailers and grocery stores, it can be a smart and affordable way to incorporate more colorful fruits and vegetables into your diet.

For more information, visit www.rubbermaid.com.