

The Post Rock Connection
Post Rock Extension District #1 Family and Consumer Science Column
Month of July 2021
By Ashley Svaty, Nutrition, Food Safety, and Health Agent

Deliciously Eat More Fruits and Vegetables Throughout Your Day!

When you think about your overall eating pattern, do you believe you make every bite count? “Make Every Bite Count” is the 2020-2025 Dietary Guidelines for Americans theme, and to me that theme is perfect! When I think about making every bite count, I think of focusing on naturally colorful and nutrient dense fruits and vegetables, along with whole grains, lean proteins, and calcium rich dairy foods. When we focus towards those foods when we are hungry, we will be less likely to gravitate towards more processed foods. Use the following tips from the American Heart Association to eat more nutrient rich fruits and vegetables throughout your day, you will be glad you did!

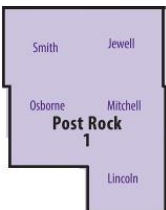
Breakfast: Add bananas, raisins or berries to cereal or oatmeal. Drink a small glass of 100% fruit or vegetables juice (not “fruit drink”, “cocktail”, or “punch”). Add chopped vegetables to eggs such as onions, bell peppers, spinach, mushrooms, or tomatoes.

Lunch: Have a fruit or vegetable salad with lunch. Put vegetables on your sandwich, such as cucumbers, peppers, tomatoes, lettuce, or avocado. Have a piece of fruit or raw veggie sticks instead of chips.

Snacks: Carry dried fruit, such as raisins, dates, or dried apricots in your purse. Have any type of fresh fruit: grapes, apples, bananas, oranges, kiwi, etc. On hot days, munch on a bowl of frozen fruit such as grapes, bananas, or strawberries.

Dinner: Have a fruit or vegetable salad with dinner. Add a side of steamed or microwaved vegetables- frozen veggies count too! Add chopped vegetables like onions, garlic and celery when cooking soup, stew, beans, rice, or spaghetti sauce.

The Post Rock District of K-State Research and Extension serves Jewell, Lincoln, Mitchell, Osborne, and Smith Counties. Contact Ashley at asvaty@ksu.edu or by calling 785-524-4432. Stay connected with “Post Rock Extension” on Facebook, Twitter, Instagram, and YouTube. Our website is www.postrock.ksu.edu.



Post Rock Extension District #1

Beloit Office 115 S. Hersey Beloit, KS 67420 (785) 738-3597
Lincoln Office 108 W. Lincoln P.O. Box 8 Lincoln, KS 67455 (785) 524-4432
Mankato Office 307 N. Commercial Mankato, KS 66956 (785) 378-3174
Osborne Office 113 N. 1st Street Osborne, KS 67473 (785) 346-2521
Smith Center Office 218 S. Grant P.O. Box 287 Smith Center, KS 66967 (785) 282-6823

*Knowledge
forLife*

Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact a Post Rock District Office.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service
K-State Research and Extension is an equal opportunity provider and employer.