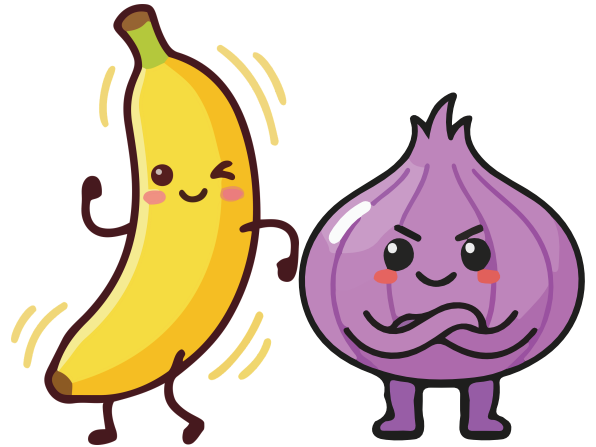


APRIL CHALLENGE: FRUITS & VEGETABLES

HOW TO PLAY:

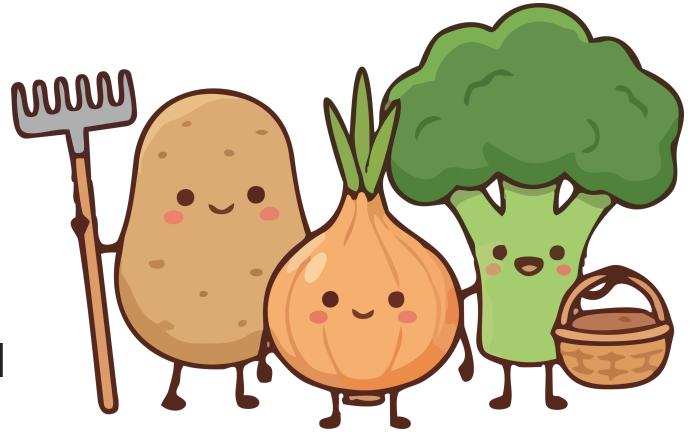
- Write down number of servings F/V consumed each day (1 circle = 1 day)
- **April 1-10 - eat at least 1 serving**
- **April 11-20 - eat at least 2 servings**
- **April 21-30 - eat 3+ servings**
- See page 2 for tips and tricks



Track daily April 1-30. Email completed form to newsletter@iowaweightloss.com to enter drawing to win \$25. **Deadline: May 8.**

APRIL CHALLENGE: FRUITS & VEGETABLES

1 serving = approximately 1 medium piece or ½ cup fruit, ½ cup cooked vegetables, ½ potato, 2 cups leafy greens (**estimate it – doesn't need to be exact!**)



- **Sneak veggies into meals** – spinach in smoothies; finely chopped or blended mushrooms, bell peppers, or zucchini in spaghetti sauce; mix into eggs; zucchini or carrot in muffins; cauliflower in mashed potatoes
- **Include as a midday snack** – many F/V are easy to grab and go – apples, bananas, grapes, clementines, baby carrots, sliced peppers, or celery sticks with hummus or light ranch dip
- **Add to things you already eat** – top yogurt/oatmeal with berries or banana, mix veggies into eggs or pasta dishes, add a side salad or side vegetable at dinnertime
- **Substitute vegetables for other foods** – cauliflower rice, chickpea pasta, kale chips, zucchini noodles, mushroom or black bean burger patties
- **Make it easy** – buy pre-washed and pre-cut fruits and vegetables for easy access, frozen or canned (just as nutritious and easy to prep), ready-to-eat salad kits
- **Go-to meals high in F/V** – stir fry, soups, sheet pan dinners, smoothies, salads, Buddha or grain bowl
- **Fruit for dessert** – smoothies, apple or banana with nut butter, frozen grapes or mango chunks, baked apples or pears
- **Aim for lots of color** – incorporate a variety of colorful fruits and vegetables in your meals/snacks

