



SUBSTITUTION IS KEY

TEXAS A&M
AGRILIFE
EXTENSION

Fruits and vegetables are part of a well-balanced and healthy eating plan. There are many different ways to lose or maintain a healthy weight. Using more fruits and vegetables along with whole grains and lean meats, nuts, and beans is a safe and healthy one. Helping control your weight is not the only benefit of eating more fruits and vegetables. Diets rich in fruits and vegetables may reduce the risk of some types of cancer and other chronic diseases. Fruits and vegetables also provide essential vitamins and minerals, fiber, and other substances that are important for good health.



Breakfast: Start the Day Right

Substitute some spinach, onions, or mushrooms for one the eggs or half the cheese in your morning omelet. The veggies will add volume and flavor with fewer calories than the egg or cheese.

Lighten Up Your Lunch:

Substitute veggies such as lettuce, tomato, cucumber, or onion for 2 ounces of the cheese and 2 ounces of the meat in your sandwich, wrap, or burrito. The new version will fill you up with fewer calories than the original.



Dinner:

Take a good look at your dinner plate. Veggies, fruit, and whole grains should take up the largest portion of your plate. If they do not, replace some of the meat, cheese, white pasta, or rice with legumes, steamed broccoli, asparagus, greens, or another favorite vegetable. This will reduce the total calories in your meal without reducing the amount of food you eat. But, remember to use a normal or small plate—not a platter. The total number of calories that you eat counts, even if a good proportion of them come from fruits and vegetable.



Smart Snacks:

Most healthy eating plans allow for 1 or 2 small snacks a day. Choosing most fruits and veggies will allow you eat a snack with only 100 calories.

Here are a few that are about 100 calories or less.

- | | |
|--------------------------------|-----------------------------------|
| * medium apple (72 calories) | * 1 cup blueberries (83 calories) |
| * medium banana (105 calories) | * 1 cup carrots (45 calories) |
| * 1 cup broccoli (30 calories) | * 1 cup grapes (100 calories) |

**For More
Information:
Lorrie Coop
CEA-FCS
PO Box 22
Benjamin, TX
79505**