

## Paint your plate with vegetables and fruit

Eat 7-10 servings every day. A serving is 1 medium sized fruit, ½ cup of cooked vegetables or fruit, or 1 cup of leafy greens.

- Pre-wash, cut up and portion fresh vegetables after grocery shopping. These make great grab and go snacks anytime.
- Choose bagged salads or frozen cut up vegetables when you need something quick.

*For more information, go to [www.healthyeatingstartshere.ca](http://www.healthyeatingstartshere.ca), search for [Eat More Vegetables and Fruit.](#)*