

Healthy Eating: My Way to Five-a-Day!

One question we often hear from people is how they can get in their five or more servings of fruits and vegetables each day. Here, our Population Health team members from the Minneapolis Heart Institute Foundation® share some practical ideas that work for them:

Gretchen Benson, Program Manager, Population Health:

"I add fresh/frozen berries to yogurt for breakfast and eat a piece of fruit for a snack in the afternoon (pear or apple). I also eat a side of roasted veggies (usually more than one serving with dinner) that varies by the season. In the fall and winter, it's Brussels sprouts, sweet potatoes, broccoli, carrots or butternut squash. For lunch, I typically have a salad in the warmer months and in the winter, a soup with plenty of veggies."

Kate Schmitz, Specialist, Population Health:

"I love to get a morning workout in, so I follow my workout with a smoothie made from Greek yogurt, a banana and frozen blueberries (sometimes I toss in protein powder, peanut butter and more fruit). If I don't work out, I still find this to be an easy breakfast. I always have at least two raw and one cooked veggies at night. I make a raw veggie salad with organic greens (pre-packaged) and chopped green onions and red pepper while one or two veggies are steaming in the microwave – super easy! If I feel like spending an extra 10 minutes, I will slice sweet potatoes, carrots and cauliflower and toss with olive oil and roast at 425° for 10 minutes."

Jenny Beaudette, Specialist, Population Health:

"I keep cut-up and snack-size fruit and veggies ready in the fridge and take them out at snack time. Especially in winter, I find it helpful to buy individual fruit cups with grapefruit, etc. I add additional vegetables such as carrots or broccoli to regular dishes like soup or pasta."



Joy Hayes, Specialist, Population Health:

"I get five-a-day by thinking 1-2-2, which means: a) One serving for breakfast (usually 2 tablespoons raisins or other dried fruit on oatmeal, half cup berries on cereal, or half-cup 100% fruit or low sodium vegetable juice); b) Two servings during the day (one vegetable serving at noon – usually mini carrots or leftover vegetables – and a fruit serving mid-morning or afternoon); c) Two servings for supper (two vegetables – raw, cooked or in a mixed dish such as stir fry, tomato-based soup or hot dish)."

Cindy Winters, Project Advisor, Population Health:

"I eat fresh or frozen fruit with my breakfast, have a mid-morning banana, a mid-afternoon apple, clementine or other seasonal fruit. I always have a vegetable with lunch and dinner and eat my veggies first before anything else."

Derek Hersch, Project Leader, Population Health and Education:

"A lot of foods are pumpkin-flavored this time of year, so why not embrace it? I add pureed pumpkin, some spices, honey and walnuts into my oatmeal. It's a great way to get a serving of vegetables first thing in the morning – and with a side of berries, it keeps me full all morning! Instead of cooking only one portion of veggies at a time, I like to roast up a whole pan. This allows me to have cauliflower, squash, kale or cabbage in my fridge and ready to reheat and eat."

Why not make it *your* goal to embrace Five-a-Day?!



[MHIF Research Shows Eating Fruits and Vegetables as a Young Person Improves Your Heart Health](https://tinyurl.com/MHIFfruit)

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