



VEGETABLES, FRUITS AND BEANS

Eat more vegetables, fruits and beans

Prevention of heart diseases is possible. Eating more vegetables, fruits and beans can really help you decrease your chances for heart diseases. Choose delicious ways to incorporate more of these foods into your daily meals.

Vegetables, fruits and beans are satisfying and rich in nutrients that can help you prevent heart disease and boost your overall health!



Make great use of salad bars! Aim at a variety of colors, textures and flavors!



VEGETABLES

Add vegetables to your tomato sauce when eating pasta; carrots and zucchini go really great together.

Mix in vegetables cut in small cubes with rice for a colorful and nutritious side dish.

Mix tomatoes with other fresh, canned or frozen vegetables cut in small cubes, sauté' in olive oil with fresh herbs and serve with corn chips for a veggie salsa!

Have salad with your Pizza! You can also add some fruit for dessert

and you will have a very colorful and delicious balanced meal.

Prepare a quick home made vegetable soup by simply sautéing vegetables in olive oil and fresh herbs, then blend it all together with vegetable broth and water.



FRUIT

Make your own fruit smoothie with yogurt, fresh/canned/frozen fruit and/or fruit juice.

Assemble a quick yogurt parfait by layering yogurt (plain or vanilla), fresh/frozen/canned fruit and topping it with granola. Great for breakfast or snack.

Serve always some fruit with your sweet dessert, it will help you eat fewer sweets and feel more satisfied.



BEANS

Have the traditional beans with rice, or inside tortillas for a burrito. Try also white beans or garbanzo beans in your salads. Experiment with vegetable soups and beans for a change. Try spreads like hummus made with garbanzo beans (chickpeas).

For more information, visit heartofnewulm.org.