

Fruits and Veggies In 5 Minutes a Day

Here is a plan for people who don't have time to make fruits and vegetables and include them in their daily diets. Every serving listed below takes less than five minutes to make.

Breakfast:

Do you usually have cereal? Top it with sliced bananas. Like microwave oatmeal? Throw in a quarter cup of raisins, dried cherries or dried cranberries. And don't forget your juice. Just 6 ounces of 100% fruit juice or low-sodium vegetable juice counts as a serving of fruit or vegetables.

Midmorning Snack:

Unsweetened applesauce counts as a serving and is easy to snack on anywhere. Like those baby carrots? Eat just five or six baby carrots, and you have another serving.

Lunch:

The fastest lunches are usually on the go. Try ordering a sandwich loaded with vegetables or a cup of vegetable soup. Add a small side salad with low-fat dressing, and feel your energy rise.

Dinner:

Even if you only have five minutes, dinner veggies are easy and delicious. Cook canned or frozen peas, cauliflower, or carrots in the microwave for a quick dinner side dish. Or make a quick and delicious meal out of a microwave-cooked sweet potato with broccoli, cauliflower, and some low-fat ranch dressing. A ½ cup of vegetables counts as one serving.

Dessert:

Stock your freezer with 100% fruit juice Popsicles. Put a ½-cup of berries, peaches, or other favorite fruit on low-fat frozen yogurt, and you have added another serving to your day!

Over the Weekend:

Take time over the weekend to make fruits and vegetables for the week. Freeze some peaches and nectarines for tasty "pick-me-up" snacks during the week. Or make a veggie pizza with some fresh vegetables, low-fat cheese, and packaged pizza dough. Freeze it and reheat it for lunch later in the week.

