

# Ideas for Eating More Plant Foods

- Plant foods include those that are canned, frozen, dried, freeze-dried, fresh or foraged.
- Swap the ultra-processed snacks like potato chips or candy for a handful of nuts, or a piece of fruit or seeded crackers with some hummus and sliced veggie sticks.
- Have two different vegetables on your dinner plate – make it fast by using frozen veggies cooked in the microwave.
- Try a new whole grain cereal or bread for breakfast.
- Dress up lettuce or spinach salads with fruit, other veggies or nuts.
- Add a can of drained and rinsed black beans to your salsa.
- Try roasted vegetables using olive oil and chopped garlic or garlic powder.
- Add chopped vegetables to potato and macaroni salads.
- Consider trying a new fruit, whole grain or vegetable that you have never eaten before in the next week.
- Herbs and spices are a really simple way to add variety and flavor to your cooking and they count as plant foods.
  - Add fresh herbs to your salads and spices to your soups.
- Look for mixed beans like a 7-bean soup mix to boost your bean variety.
- Use frozen fruit to add to yogurt, smoothies, oatmeal or your cereal bowl.
- Include a plant food at every single meal. Here are some ideas:
  - top your yogurt with mixed berries and almond slices,
  - add grated carrot and lettuce to your chicken sandwich or
  - add mushrooms and onion to your scrambled eggs.
- Swap out meat for a vegetarian protein option 1-2 days of the week, like dried beans, lentils, mushrooms, veggie burgers, black bean burgers, tofu, etc.
- Vegetable or fruit salads and stir-fries are easy meal options to get lots of different colorful plants on a plate.

