Fruits and Veggies
“Fruits and Veggies: More Matters”

Fruits and veggies are important for us to be healthy. It contains many vitamins and minerals, fiber and other nutrients to keep our body healthy. We should eat at least 5 fruits and veggies everyday.

Here are some ways we can increase our fruit and veggie intake:

**Breakfast**
- Eat hot or cold cereal with fruit such as sliced banana, mango, raisins, berries, or other fruit that is in season.
- Eat toast with fruit such as papaya, melons, oranges, or other fruit that is in season.

**Mix fruit**
- Mix fresh, frozen or canned fruit with yogurt, cottage cheese, or pudding.

**Veggies**
- Put veggies such as lettuce, spinach, cabbage, tomato, or cucumbers in a sandwich.
- Heat up frozen or canned vegetables and eat them with meals, or add it to a main dish.

* Please check with your doctor or health care professional before making dietary changes

---

**Leafy Tofu**

**Ingredients:**
- ½ (20-ounce) container tofu
- 1 bunch spinach
- 1 tablespoon oil
- 1 tablespoon soy sauce
- ½ teaspoon toasted sesame seeds

**Directions:**
1. DRAIN tofu.
2. DICE tofu into 1-inch cubes.
3. TEAR spinach into bite-sized pieces.
4. In a large pan, HEAT oil and SAUTÉ tofu cubes for a few minutes. MOVE tofu to the center of the pan.
5. ADD spinach, and soy sauce. MIX.
6. COVER pan and COOK until spinach is wilted.
7. SPRINKLE toasted sesame seeds.

**Variations:**
May use other dark green leafy vegetables. May use frozen spinach instead of fresh spinach.

---

* Funded by:
  Executive Office on Aging
  In collaboration with:
  University of Hawaii
  College of Tropical Agriculture and Human Resources
  Cooperative Extension Services
  Supplemental Nutrition Assistance Program-Education (SNAP-Ed)*