

# Nutrition Works Vegetable and Fruit Challenge



Getting your 7 to 10 servings of vegetables and fruit every day, as recommended by *Eating Well with Canada's Food Guide*, is not as hard as you may think.

**Are you ready to take the Vegetable and Fruit Challenge?** It's easy! For the next week use the chart below to keep track of the number of servings of vegetables and fruit you eat each day. See the back side page for examples of serving sizes and creative ideas for increasing your daily vegetable and fruit intake.

**Complete the challenge for your chance to win a great prize!**

Name

Remember to enjoy 7 to 10 servings a day, every day.

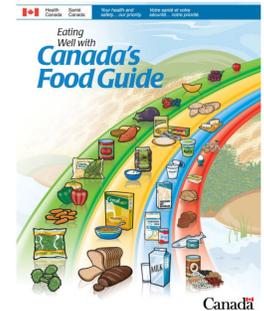
	Breakfast	Snack	Lunch	Snack	Dinner	Snack	Total Daily Servings
Sunday							
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							

*Eating Well with Canada's Food Guide* recommends 7 to 10 servings of vegetables and fruit every day!

## What is a vegetable or fruit serving?

One serving is equal to:

- 1 medium-sized vegetable or fruit
- 125mL (1/2 cup) fresh, frozen or canned vegetables or fruit
- 250 mL (1 cup) salad
- 125 mL (1/2 cup) 100% juice
- 60 mL (1/4 cup) dried fruit



## Here are some tips and ideas to help you enjoy more vegetables and fruit every day!

- Prepare veggie snacks in advance and store them in the fridge (i.e. celery, carrot, pepper sticks)
- Eat a variety of vegetables or fruit every day emphasizing ones that are dark green and orange like carrots, spinach, cantaloupe, sweet potato, broccoli, and bok choy
- Choose a salad or vegetable at each meal that you eat at a restaurant
- Keep vegetable and fruit snacks handy at work such as fruit cups, applesauce and dried fruit
- Brighten your green salad with fruits such as orange wedges, strawberries, mangos, dried cranberries or raisins and veggies of different colour
- Begin the day with a vegetable or fruit. Try a fruit smoothie, adding fruit to your cereal or yogurt
- Add grated vegetables to your casseroles, soups, chili or main dish
- Involve your child in growing, buying and preparing vegetables. Children will take more interest if they have helped to grow or prepare a food item
- Add your own fresh or frozen vegetables to canned and packaged soups

## Pesto Rice Peppers

### Ingredients

- 2 cups (500 mL) rice cooked
- 1/3 cup (83 mL) Parmesan cheese freshly grated
- 1/4 cup (63 mL) pesto sauce
- 3 tbsp (44 mL) rehydrated sun-dried tomatoes diced
- 3 tbsp (44 mL) toasted pine nuts or chopped almonds
- 3 Ontario greenhouse red, orange or yellow sweet peppers
- 3 tbsp (44 mL) Parmesan cheese freshly grated (for the topping)

### Directions

1. In large bowl, mix together rice, cheese, pesto, sun-dried tomatoes and pine nuts; set aside.
2. Cut peppers in half through stems (retain stems); seed and core
3. Fill each pepper half with rice stuffing. Place, stuffing side up, in baking dish. Cover with foil; bake in 350°F (180°C) oven for 35 minutes
4. Remove foil. Sprinkle cheese over peppers; bake uncovered for about 5 minutes longer or until cheese is golden brown

Source: [Foodland Ontario](https://www.ontario.ca/foodland/recipes/pesto-rice-peppers) - <https://www.ontario.ca/foodland/recipes/pesto-rice-peppers>

**For more information on healthy eating, call EatRight Ontario at 1-877-510-5102.**