

FACT SHEET



Tricks that Stick

Strategies to eat more fruits & vegetables

The American Cancer Society Guidelines on Nutrition and Physical Activity recommends that breast cancer survivors:

- **Eat at least 2½ cups of vegetables and fruits each day**



10 tricks (behavioral strategies)

to help you eat more fruits & vegetables

1. Choose bright-colored foods.

- Get your fill of fruits/vegetables of different colors:
 - White (bananas, mushroom)
 - Yellow (pineapples, mango)
 - Orange (orange, papaya)
 - Red (apple, strawberries, tomatoes, watermelon)
 - Green (broccoli, avocados, lettuce, celery)
 - Purple/Blue (blackberries, eggplant, prunes)

2. Select fresh in-season produce.

- Try farmers market or road side stands for best buys
- Shop for 3-5 days
- Buy reduced-priced items for immediate use
- Store produce appropriately

3. Substitute whole fruit (apples, oranges, plums and pears) for candy or high calorie snacks.

- Select a whole fruit each day
- Wash and store lemons and limes to add to drinking water and to use as a salt-substitute for vegetable and meat dishes

4. Place sliced berries, pineapple, and melons in the fridge.

- Use in a fruit salad or add to a vegetable salad
- Serve as a desert

10. Freeze prepared fruit for smoothies.

- Add to a glass or pitcher of water

11. Practice self-love.

- Make healthy eating a priority
- Have a positive body image
- Be kind to yourself as you practice portion control and select health foods

5. Prepare meals and snacks ahead.

- Plan vegetables dishes ahead
- Pre-chop or dice onions, celery, garlic, peppers, carrots, broccoli
- Store pre-chopped items in airtight containers or reusable baggies
- Wrap leaves in a paper towels and store in a baggie
- Grate carrots, beets or zucchini and store in fridge
- Wash grapes and freeze in baggies or cups for a healthy treat

6. Control portions by measuring and weighing food.

- Use a food scale or a serving size chart
- Cut an entrée in half when eating out and save it for tomorrow's lunch
- Avoid the temptation for second helpings
- Place tempting foods out of sight and move healthier foods to the front at eye level

7. Read labels.

- Look at the grams or ounces found in one serving on the nutrition label
- Purchased pre-measured snacks (for example, in 100 calorie containers)
- Select low sodium frozen or canned vegetables
- Avoid processed vegetables with sauces or gravy

8. Get support from others.

- Find a relative or friend for support
- Partner with a breast cancer survivor for accountability
- Join a small group, such as a breast cancer support group
- Rely on your faith and spiritual practices (for example, prayer)