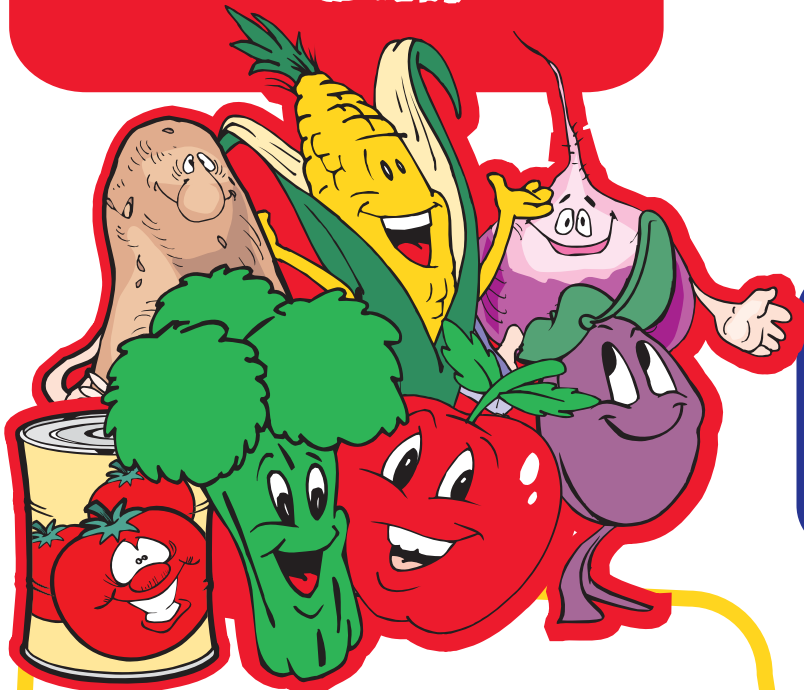


**Add a  
fruit or  
vegetable  
to every  
meal!**



**They taste great.**

**Enjoy fruits and vegetables...**

**Fresh:** When a fruit or vegetable is in season, it's usually cheaper—and more delicious! Buy locally for the best deals, at farm stands and farmers' markets.

**Frozen or Canned:** They still offer great nutritional benefits, and you can store them for weeks.

**At Every Meal:** Include them every time you sit down to eat.

This Healthy Weight Awareness message is brought to you by

## Breakfast

- Have a small glass of 100% fruit juice.
- Top off your cereal with raisins, bananas, blueberries, strawberries, or raspberries.

- Add a can of peas or beans to your favorite canned soup.
- Put lettuce, tomato, or sliced cucumber on a sandwich.
- Pack an apple, pear, or grapes into a bag lunch.

## Lunch

- Having spaghetti? Don't forget the tomato sauce. And add in frozen vegetables or green peppers and onions to your tomato sauce.

- Serve applesauce as a side dish.
- Toss a salad with your favorite veggies... carrots, tomatoes, broccoli, or even beans.
- Want dessert? Try layering low fat vanilla yogurt with crushed canned pineapple and banana slices.

- A box of raisins.
- An apple or banana.
- Baby carrots or carrot sticks.

- Celery, plain or with peanut butter.

## Snacks

to have more energy and make every meal better!



THIS HEALTHY WEIGHT AWARENESS MESSAGE IS BROUGHT TO YOU BY



**Healthy Maine Partnerships**  
Maine Department of Health and Human Services  
Maine Center for Disease Control and Prevention

For more information on getting healthier at home or in your community, visit these great web sites:  
[www.healthymainepartnerships.org/panp](http://www.healthymainepartnerships.org/panp) or [www.healthymainewalks.org](http://www.healthymainewalks.org)

Write us at:

Physical Activity and Nutrition Program, Maine Center for Disease Control and Prevention, Maine Department of Health and Human Services, 11 State House Station – Key Bank Plaza, 4th Floor, Augusta, Maine 04333-0011.



John Elias Baldacci, Governor  
Brenda Harvey, Commissioner  
Appropriation #013-10A-2622-032

The Maine Department of Health and Human Services (DHHS) does not discriminate on the basis of disability, race, color, creed, gender, age, or national origin, in admission to, access to, or operations of its programs, services, or activities, or its hiring or employment practices. This notice is provided as required by Title II of the Americans with Disabilities Act of 1990 and in accordance with the Civil Rights Act of 1964 as amended, Section 504 of the Rehabilitation Act of 1973 as amended, the Age Discrimination Act of 1975, Title IX of the Education Amendments of 1972, and the Maine Human Rights Act. Questions, concerns, complaints, or requests for additional information regarding the ADA may be forwarded to DHHS' ADA Compliance/EEO Coordinator, State House Station #11, Augusta, Maine 04333, 207-287-3488 (V), 207-287-4479 (TTY). Individuals who need auxiliary aids for effective communication in programs and services of DHHS are invited to make their needs and preferences known to the ADA Compliance/EEO Coordinator. This notice is available in alternate formats, upon request.

Funding is provided by the USDA's Food Stamp Program. USDA is an equal opportunity provider and employer. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your regional office. You can find your regional office by calling 1-800-442-6003 or visiting [www.maine.gov/dhhs/OIAS/foodstamps/how-to-apply.html#how](http://www.maine.gov/dhhs/OIAS/foodstamps/how-to-apply.html#how).