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— 6 STEPS TO EATING MORE —

FRUIT & VEG

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EAT LIKE AN ADULT

Habits are learned behaviors. You need to practice.

"Eating like an adult" might sound a bit funny at first, but when it comes to upping our fruit and veggie game, it's a pretty solid piece of advice.

Think about it: as adults, we've got the power to choose what we eat, unlike when we were kids and ate whatever was put in front of us.

This mantra is all about making those grown-up choices that do our bodies good, especially when it comes to packing our plates with more greens (and reds, yellows, and oranges).

It's not about dieting or cutting out the foods we love; it's about adding in those nutrient-packed fruits and veggies that keep us feeling strong, energized, and ready to tackle whatever life throws our way.

Eating like an adult can be understood best wa through these 4 stages of life.



New Born

- No concept of food and health
- Eats what they are fed regardless of likes/dislikes



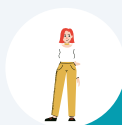
Child

- No concept of food and health
- Eats what they are fed regardless of likes/dislikes



Teenager

- Develops an understanding that food plays a role in health
- Often voids healthier options often out of "coolness"
- Possible poor food experiences with "healthier" foods



Adult

- Knows that F&V are integral to a healthy diet.
- Seeks to eat 5+ portions a day.
- Orders sides of vegetables when eating out.
- Learned to cook them properly to have good food experiences.

STEP 1: LIQUID LOVE

Transforming Veggies into Delightful Soups

Ever wonder why some foods you're not fond of suddenly become irresistible in a different form? It's all about the preparation and the little extras that go into cooking. One of the best, tastiest tricks to get more veggies into your diet is through the magic of soup.

Why Soup?

Soup is a game-changer for vegetable intake. Take onions, for example. Not everyone's a fan of their sharp bite or texture. But blend them into a creamy soup with sweet potato and butternut squash, and you've got a bowl of comfort that's hard to resist. The secret? It's all in how you mix and transform them. Blending veggies into a soup can completely change their texture and bring out their natural sweetness, making them enjoyable for everyone.

Store-Bought vs Homemade?

If you're opting for store-bought soups, look for low-sodium options. Better yet, when making your own, control the salt level yourself. Enhance flavors with herbs and spices instead of relying solely on salt.

Top Tip

1. **Boost with Protein:** Make your soup a well-rounded meal by adding a protein source. Beans, lentils or chicken can add texture and nutritional value, making your soup more filling and satisfying.



STEP 2: PACK THE DISH

Sneak More Veggies into Every Meal

Sauces, curries, and bologneses aren't just comfort food; they're golden opportunities to boost your vegetable intake. While it's not a new idea to add more veggies to these dishes, the real question is, are you taking full advantage of these opportunities?

Choosing the Right Vegetables

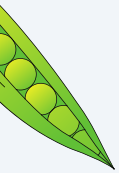
The secret to veggie-packed meals lies in selecting the right additions. Not every vegetable suits every dish, but with a bit of research, you can discover a plethora of options. A simple online search can reveal numerous variations of your favorite recipes, each incorporating different vegetables. For even more inspiration, look up vegetarian versions of the dish. You'll be surprised at the creative ways vegetables can be integrated.

Be Bold with Your Choices

Following a recipe to the letter is great for learning, but when it comes to vegetables, feel free to deviate. Trust the recipe for its base and sauce, then let your creativity shine. Experiment with adding different veggies that you enjoy or those that need using up in your fridge. The goal is to include at least three different vegetables in your dish, beyond the standard garlic and onion.

Why It Works

1. Better flavour
2. Nutritional boost
3. Stealth healthy eating



STEP 3: SUBSTITUTE

Smart Substitutions for Lower-Carb Days

On those quieter days when your body doesn't need as much fuel, turning to the low-carb performance plate can be a game-changer. But cutting down on carbs doesn't mean skimping on satisfaction. The trick?

Clever substitutions that bring both nutrition and variety to your meals.

Vegetable Alternatives: A World of Possibilities



Substitute for rice with cauliflower rice.



Swap out traditional spaghetti for spiraled courgette.



Grated carrot is perfect for adding texture and sweetness.

Substituting carbs with vegetables can significantly lower the calorie-to-volume ratio of your meals, making them ideal for weight management or simply for incorporating more veggies into your diet.

But remember, how you prepare these substitutes can make all the difference!

STEP 4: MAKE THEM SEXY

From Meh to Marvellous

It's simple human nature: we're drawn to things that appeal to our senses.

If something looks, smells, and tastes delightful, we're naturally inclined to want more of it. This principle is crucial when it comes to fruits and vegetables. Let's be honest, no one dreams about dull, lifeless veggies.

The goal? Make them irresistible, or in other words, make them sexy.

Transforming from meh to marvelous

Turning your greens (and reds, yellows, and purples) into dishes you crave isn't as daunting as it might seem. It's about adding that zing, that flavor, that makes your taste buds dance. Here's how to do it:



- **Sauce It Up:** A drizzle of honey, a splash of balsamic vinegar, or a swirl of olive oil can elevate the flavor profile of your vegetables.
- **Perfect the Crunch:** Lightly steaming vegetables like broccoli or green beans preserve their vibrant color and adds a satisfying crunch.
- **Roast to Perfection:** Roasting vegetables unlocks a depth of flavor steaming can't match. Toss them with your favorite herbs and a pinch of sea salt.
- **Seasoning is Key:** Don't underestimate the power of spices and herbs. They can transform bland vegetables into a feast for the senses. Find your flavor combinations and run with them.
- **Master the Method:** Each vegetable has a cooking method that suits it best. Whether roasting, steaming, or sautéing, paying attention to timing and temperature can make all the difference.
- **Smoothie Magic:** For fruits, smoothies are your canvas. Blend flavors that complement each other, using a mix of fruits and liquids that marry well.

STEP 5: MAKE THEM INVISIBLE

Mastering the Blend

Smoothies aren't just a treat; they're a canvas for nutritional creativity. The secret to a perfect smoothie? Balancing fruits and vegetables to create a drink that's as delicious as it is nutritious.

This approach doesn't just sneak more veggies into your diet; it celebrates them, alongside their fruity counterparts, for a true win-win.

The Perfect Pairings

The art of smoothie making lies in finding the right mix of flavors and nutrients. Here's how to blend fruits and vegetables in a way that enhances taste and maximizes health benefits:

- **Spinach and Berry Bliss:** Spinach's mild flavor disappears beneath the vibrant taste of berries, creating a nutrient-dense drink that's rich in antioxidants and vitamins.
- **Kale and Tropical Twist:** Kale, with its bold green flavor, pairs wonderfully with the sweetness of pineapple or mango, offering a tropical getaway in a glass.

Convenience Meets Nutrition

1. **Freeze for Freshness:** Keep your ingredients at their peak by freezing them. Pre-packed bags of mixed fruits and veggies are perfect for quick, no-fuss smoothies.
2. **Protein Power:** A scoop of flavored protein powder can transform your smoothie into a more satisfying meal.



STEP 6: MAKE THEM VISIBLE

Making Healthy Choices Unavoidable

Ever noticed how just seeing food can make you crave it? This instinctual response doesn't discriminate between healthy and unhealthy options, but we can use it to our advantage, especially when it comes to fruits.

The Strategy of the Fruit Bowl



Placing a fruit bowl in a prominent spot in your kitchen or dining area isn't just about storage; it's a deliberate nudge towards healthier snacking. Here's why making fruits visible can be a game-changer in your dietary habits:



Instant Appeal: A well-placed fruit bowl in the line of sight can significantly increase the likelihood of you reaching for a nutritious snack. It's about making the healthier choice the easier choice.



Add a Splash of Color: Fruits aren't just tasty; they're visually appealing. This visual appeal isn't just decorative; it's an invitation, a subtle prompt that says, "Eat me!"



Diversity is Key: The more variety in your fruit bowl, the better. Different fruits not only offer a spectrum of essential vitamins and minerals but also ensure there's something to satisfy every craving. From the crispness of an apple to the juicy burst of an orange, variety keeps your palate interested and your body nourished.