



# NIFS-ty Ways to get 5-9 a Day

## BREAKFAST

1. Add sliced bananas, strawberries or any fresh fruit to your morning cereal.
2. Have a glass of 100% grapefruit juice for your morning “wake-up call” instead of coffee.
3. Keep frozen blueberries on hand: microwave for 45+ seconds and use as a topping for pancakes, oatmeal, waffles or cold cereal.
4. Instead of using butter/syrup for pancakes or waffles, top with diced fresh fruit – bananas, berries, nectarines – and drizzle with low fat vanilla or lemon yogurt.
5. Freeze overripe bananas and use as a base for smoothies: add skim milk, yogurt, peanut butter, vanilla extract, or any other ingredient of your choice!
6. Make a breakfast parfait the night before: layer crunchy cereal with yogurt, berries or any fresh cut-up fruit, and top with a sprinkle of chopped toasted nuts – almonds taste especially good.
7. Add cooked broccoli bits, shredded carrots, diced zucchini, and chopped mushrooms, onions and peppers to your weekend omelet – you can cut back on the cheese and feel just as satisfied.
8. If you don’t have enough time for an omelet, throw all the veggies in the pan with scrambled eggs! Fresh spinach cooks in no time.
9. Scramble an egg and roll it up with fresh or bottled salsa and cheese in a tortilla for a homemade breakfast burrito!
10. Top a bowlful of cut up melon with a few spoonful’s of yogurt or cottage cheese and a sprinkle of granola or trail mix.
11. Add dried fruits – dried plums, cranberries, blueberries, apples, pears, apricots or raisins – to your own homemade trail mix, or add them to cold and hot cereals along with cinnamon and nutmeg – makes it easier to reduce the amount of sugar!
12. Keep fresh fruit washed and ready to eat in sight – remember “out of sight, out of mind!”
13. Try a sliced apple dipped in yogurt or peanut butter for the finicky eater in your family.
14. Halve and section a grapefruit, drizzle with a little honey and broil the grapefruit halves on a cookie sheet until golden and caramelized for a breakfast treat!
15. Fill a pita half with scrambled eggs, a little mozzarella cheese, and any leftover cooked vegetables – heat through in microwave and enjoy!



## LUNCH

1. If you normally hit a fast-food or sandwich shop for lunch at work, skip the typical sides and bring your own cut-up veggies, fresh fruit, or order a green salad instead. You'll save calories and stretch your budget!
2. Load your typical brown bag sandwich with veggies – sliced tomato, onion and cucumber, spinach leaves and sprouts can come straight from the supermarket salad bar!
3. Like PB and J? Try PB and B instead! Add sliced banana to your peanut butter sandwich for a flavor sensation!
4. Shopping for groceries after work? Stop at the salad bar to pack lunch for the next day: start with spinach or romaine lettuce, and add plenty of extra veggies, cooked beans, a sprinkle of sunflower seeds, and a container of light dressing; add a whole-grain roll for a complete meal.
5. Stuff a pita round with lean deli meat, chopped apples, dried cranberries, shredded romaine lettuce, and your choice of dressing.
6. Packing for finicky children? Have them help you assemble “bugs on a log:” fill celery stalks with low fat cream cheese or peanut butter and top with raisins – they'll be much more likely to eat it if they had a hand in preparing it!
7. Pack a 100% fruit juice box in your child's lunch.
8. Make grape and cheese kabobs: thread crunchy grapes and small cubes of cheese onto long toothpicks or wooden kabob sticks.
9. Add chopped carrots, onions, celery, peppers or any other favorite vegetable to tuna, chicken or egg salad.
10. Add halved grapes and toasted slivered almonds to chicken salad – serve in half a small melon.
11. Keep a bag of baby carrots on hand at home and at work for a quick side dish or snack.
12. Wash and cut up hardy vegetables as soon as you get home from the grocery – keep them in a clear airtight bag or container in the fridge so they're the first thing you see!
13. Enjoy a spring salad: start with a base of baby spinach leaves and top with toasted sliced almonds, sliced strawberries and a raspberry or balsamic vinaigrette – delicious!
14. Marinate steamed veggies in Italian dressing overnight for a quick brown bag side dish.
15. Toss bottled salsa with drained canned corn and drained and rinsed canned beans for a hearty side dish, or as a filling for tortillas or a dip for baked chips. Top with chopped cilantro or parsley for a fresher flavor!



## DINNER

1. Add extra chopped onions, peppers, zucchini, carrots, celery or mushrooms to bottled marinara sauce.
2. Serve a large simple green salad every night with dinner. With bagged, pre-washed greens available year-round, this is a no-brainer!
3. Move vegetables from the accompaniment to the main course – think colorful stir fries, mounds of steamed vegetables drizzled with olive oil and seasoned with lemon pepper, baked sweet potatoes with cinnamon and nutmeg – get creative!
4. Pile extra vegetables on frozen cheese pizza – spinach leaves, sliced onions, peppers, zucchini, tomatoes and mushrooms.
5. Make your own pita pizza: broil whole wheat pita rounds on a cookie sheet for a minute or so, then top with tomato sauce, basil, oregano, lots of veggies, and a sprinkle of mozzarella or Parmesan cheese; broil until cheese melts and enjoy!
6. Toss a package of frozen vegetables in with pasta or elbow noodles during the last half of cooking time – this is a great way to sneak veggies in with macaroni and cheese.
7. Homemade chef salad: pile the greens on a large plate; add any extra vegetables available; top with strips of leftover grilled chicken, hard-cooked eggs or cottage cheese; top with vinaigrette dressing and serve with whole wheat breadsticks.
8. Simple stir fry: toss fresh, pre-cut, pre-washed stir fry vegetables (look for these next to bagged salads) in a hot skillet with a little canola oil and stir fry till crisp tender; add precooked chicken or shrimp and bottled sauce and warm through.
9. Top grilled meats, poultry and fish with a generous helping of salsa – try one of the specialty varieties for a change: mango, pineapple, chipotle, or roasted corn salsa.
10. Add extra vegetables to soups and casseroles and scale back on the meat, cheese or starch components – saves time and adds nutrition to a main dish.
11. Feature a meatless meal once or twice a week – vegetarian tacos with black beans, low-fat refried beans, chopped lettuce, tomato and shredded cheddar make a delicious high fiber Mexican feast.
12. Serve fruit salad with a drizzle of low fat vanilla yogurt or a small scoop of frozen yogurt or ice cream; sprinkle with nutmeg and cinnamon for a nutritious dessert several times a week.
13. Make a quick tomato salad: slice plum tomatoes, seed if desired, sprinkle with balsamic vinegar, a bit of crumbled feta cheese and a few drops of olive oil – makes a great accompaniment to grilled summer dishes!
14. Use rinsed canned vegetables in place of fresh or frozen if you're pressed for time – they are a quick, nutritious way to get your veggies in!
15. Serve baked apples for a side dish or dessert: wash and core a small apple; place in microwave-safe bowl and fill center with raisins, cinnamon and orange juice; cover and microwave for about 2 minutes, turning halfway. Serve and enjoy!



*For more information on mindful eating, contact the National Institute for Fitness and Sport at 317.274.3432, or visit our Web site at [www.nifs.org](http://www.nifs.org).*

Copyright © 2019 National Institute for Fitness and Sport. Unauthorized copying and reproduction of this handout is prohibited by law.  
Not for sale by anyone other than the National Institute for Fitness and Sport, Indianapolis, Indiana, 317-274-3432.