

Over 50 Ways to Add Portions of Fruit and Vegetables to Menus

Breakfast Tips	Lunch Tips	Dinner Tips
1. Use nut butters or mashed avocado on toast instead of butter	2. Offer vegetables soups all year round, hot or cold – different vegetables every day	3. Add vegetable colour to whole grains, e.g., pesto (basil sauce), chopped roasted peppers, diced carrots
4. Mix ground almonds into apple purée for a dairy-free alternative to yoghurt	5. Serve raw spinach, watercress and rocket in addition to lettuce in salads	6. Top grilled vegetables with steamed fish or grilled chicken
7. Use pancakes as a wrap for mixed fruits (apples, raisins, peaches) or veggies (sautéed peppers, asparagus, mushrooms)	8. Make vegetable pâtés to serve with bread, e.g., beetroot and nut butter, carrot, sweet potato and almond, bean	9. Serve at least 2 different vegetables with every meal
10. Serve freshly prepared fruit or vegetable juices, in traditional or novel combinations	11. Add a selection of colourful vegetables to salads, e.g., beetroot, sweet corn, diced or grated carrots, beans, peas, celery, cucumber, radishes	12. Add fresh (carrots, sweet potato, beetroot) and/or dried fruit (dates, blueberries, apricots, pears) to puddings and baked goods such as cakes
13. Serve assorted cut up fresh fruit such as melons, pineapple and berries, with low fat yoghurt; use unusual serving bowls such as hollowed out melons	14. Offer fruit desserts, such as spiced pears, baked apples, fruit crumble, fruity trifle, home-made banana ice cream	15. Offer a baked sweet potato in addition to ordinary baked potato or roast sweet potato along with ordinary potato
16. Offer a variety of fruit smoothies made with frozen and fresh fruit	17. Add cooked sweet potato cubes to potato salad	18. Serve roasted vegetables, such as carrots, asparagus, aubergine
19. Add a variety of veggies like spinach, spring onions and peppers to scrambled eggs and omelettes	20. Serve sandwiches with a colourful side of grilled peppers, baby vegetables, or a mixture of olives	21. Serve baked vegetables, such as squash, sweet potato, beetroot with a naturally sweet onion sauce
22. Mash tofu with a fork and cook it with onions and vegetables as an alternative to scrambled eggs	23. Serve lasagne with extra vegetables such as courgettes, mushrooms, onions, sweet corn, lentils	24. Poach pears in red grape juice and stuff with dates and walnuts, or with ground almond paste
25. Make a light miso soup with vegetables such as carrots and onions	26. Serve bean salads	27. Serve casseroles with root vegetables such as swede, parsnip, carrot, squash, sweet potato
28. Serve low salt, low sugar baked beans on toast	29. Serve grain salads, such as quinoa, with celery, carrots, spring onions, chopped parsley, sweet corn	30. Add some ethnic bean dishes – rice and beans, curried chick peas, lentil dahl with fresh ginger, green chillies and coriander, vegetarian chilli
	31. Prepare stir-fries with a selection of different vegetables, e.g., courgettes, garlic, carrots, celery, sweet corn	32. Serve poultry or meat dishes with a fruit sauce
	33. Serve bowls of noodles with a selection of steamed vegetables, e.g., sugar snap peas, beans, tofu, grilled chicken or fish	34. Serve sliced avocado with prawns in a lime dressing

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Appetisers and snacks	Add a new twist to traditional favourites	Try some new ingredients
35. Offer bean dip, hummus or mango salsa with bread sticks or oat cakes for an appetiser	36. Stuff marrow or winter squash with rice or other whole grain seasoned with garlic and herbs	37. Use sea vegetables in soups, salads, stir-fries and casseroles
38. Make vegetable chips by peeling thin slices of parsnip, sweet potato, beetroot, tossing in oil and baking until golden	39. Combine mashed potato with parsnip or celeriac or replace the potato with a creamy grain like cooked millet in dishes like shepherd's pie	40. Experiment with vegetarian proteins like tempeh (fermented soy) and seitan (the protein extracted from wheat) – combine them with vegetables in the same ways you would with meat
41. Offer dried fruit such as apricots, nuts and seeds as snacks	42. Serve vegetable frittatas, with roasted Mediterranean vegetables	43. Broaden your repertoire of grains – make salads with quinoa, couscous, bulgur – sauté buckwheat with leeks, cook millet with squash or sweet potato
44. Offer a vegetable plate with raw and cooked vegetables – baby carrots, stuffed mushrooms, grilled tomatoes, raw vegetable crudités	45. Serve a colourful vegetarian pizza with tomatoes, peppers, onions, mushrooms and topped with a small amount of mature cheddar or a lower fat cheese such as pecorino	46. Use grain milks such as rice milk combined with bananas, coconut, raspberries and strawberries to create your own ice cream
47. Make vegetable or fruit kebabs	48. Use non-traditional fruits in crumbles, e.g., nectarines and stem ginger	49. Try making vegetable sushi using sheets of the sea vegetable, nori, filled with short grain brown rice and fillings such as avocado and salmon, carrot and nut butter, tofu and cucumber
50. Offer fresh tomatoes with herbs, olive oil and feta cheese on whole grain bread slices	51. Make fruit jellies and trifles with a variety of different fruits	
52. Make fresh fruit smoothie ice lollies	53. Serve fruit compotes, e.g., apple, vanilla and apricots	
54. Serve steamed asparagus spears tossed in an olive oil, lemon and fennel seed dressing	55. Vary the vegetables used in lasagne, for example aubergines, courgettes, sweet potatoes, sweet corn, mushrooms	
56. Serve frozen grapes in small cups	57. Add a variety of fruits to salads	
58. Serve strawberries with cocktail sticks and a variety of dips		