



# NEWS RELEASE

## Defense Commissary Agency

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## Quick tips to add more fruits, vegetables to your day

*By Karen Hawkins,*

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**FORT LEE, Va.** – Summer is a great time to enjoy fresh fruits and vegetables whether you are grilling out, eating on the go, or looking for a quick snack. To help you enjoy them all summer long, here are 10 easy tips from [www.choosemyplate.gov](http://www.choosemyplate.gov). The newly released plate icon replaces “MyPyramid” and promotes filling half your plate with fruits and vegetables.

To help you add more vegetables and fruits to your day, follow these simple tips. It is easier than you may think especially when you buy them at your local commissary.

- **Fast ways to cook.** Cook fresh or frozen vegetables in the microwave for a quick and easy dish to add to any meal. Steam green beans, carrots or broccoli in a bowl with a small amount of water in the microwave for a quick side dish. Sprinkle on a little garlic, onion or herbs such as rosemary or thyme for a change of flavor.
- **Chop up veggies on the weekend and store in the refrigerator.** Cut up a batch of bell peppers, carrots or broccoli. You can enjoy them on a salad, with hummus or in a veggie wrap.
- **Go for the bright colors when choosing vegetables.** Brighten your plate with vegetables that are red, orange or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, chard or kale.
- **Compare prices and check the freezer and canned vegetable aisle.** Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen corn, peas, green beans, spinach or sugar snap peas to some of your

favorite dishes or eat as a side dish. Canned vegetables are economical and quick to fix. Select those labeled “reduced sodium,” “low sodium” or “no salt added.”

- **Add color to your salad.** Brighten up a salad by using colorful vegetables such as orange, green and red bell peppers; shredded radishes; chopped red cabbage or watercress. Your salad will not only look good, it will taste good, too. Add some beans or grilled chicken to your salad to make it a light and easy dinner.
- **Include fruit at breakfast.** At breakfast, top your cereal with bananas, peaches or strawberries. Add blueberries to pancakes and drink 100 percent orange or grapefruit juice. Or, try a fruit mixed with fat-free or low-fat yogurt.
- **Add fruit to lunch.** At lunch, pack an apple, clementine, banana or grapes. Keep individual containers of fruits like peaches or applesauce at your desk.
- **Eat fruit at dinner.** At dinner, add crushed pineapple to coleslaw, or include orange sections, dried cranberries or grapes in a tossed salad.
- **Snack on fruits during the day.** Dried fruits make great snacks. They are easy to carry and store well.
- **Keep a bowl of whole fruit on the table, counter or in the refrigerator.** Apples in a bowl and bananas on a banana tree make great snacks for families on the go. Having them available at eye level helps children make good snack choices.

For more information about making healthy choices, visit Ask the Dietitian on <http://www.commissaries.com> and post your questions on the DeCA Dietitian Forum. Be sure to look for other useful information in the Dietitian’s Voice archive. Sign up with the DeCA Dietitian on [www.twitter.com](http://www.twitter.com) and get messages sent to your cell phone today. For delicious recipes, check out Kay’s Kitchen. And to enjoy all your commissary has to offer, sign up for the *Commissary Connection*.

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**About DeCA:** *The Defense Commissary Agency operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment. Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones. Shoppers save an average of more than 30 percent on their purchases compared to commercial prices – savings amounting to thousands of dollars annually. For current savings figures for various groups – single member up to a family of seven – visit <http://www.commissaries.com>. A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America’s military and their families, and help recruit and retain the best and brightest men and women to serve their country.*

