









Follow these tips for getting **8 daily servings** of fruits & vegetables

-   2 servings for breakfast: add veggies to your omelet or fruit to your cereal.
-  1 serving mid-morning: grab a handful of berries or your favorite fruit.
-   2 servings for lunch: add lettuce and tomato to your sandwich or veggies on your pizza.
-  1 serving mid-afternoon: try a handful of carrots with hummus or ranch dressing.
-   2 servings for dinner: include cooked veggies or a small salad.

Visit <https://tiny.army.mil/r/nxPh/> for tips.



For more information, contact your installation's Department of Public Health, Registered Dietitian, or Army Wellness Center.

