

# Preventive Cardiology Program

HEALTHY HEART SERIES



Boston  
Children's  
Hospital

Heart  
Center

Until every child is well™

## Fill up on fruits and veggies

Eating fruits and vegetables can improve cholesterol, boost the immune system and promote weight management. Aim to make half your plate fruits and/or vegetables at every meal and snack!

### Here are a few tips to make you a fruit and veggie rockstar:

Add veggies (lettuce, tomato, onions, bell peppers, cucumbers and other raw veggies) to wraps and sandwiches.

- Snack on the go with apples, bananas and pears. Add natural peanut or almond butter as a spread.
- Roast fresh or frozen vegetables in the oven on a baking pan with olive oil and garlic flakes until crispy.
- Keep cut-up fruits and veggies in the fridge so they are ready to eat.
- Make a fruit smoothie with low-fat yogurt, frozen fruit and skim milk.
- Add frozen berries to whole grain pancake or waffle mix.
- Serve veggies with a healthy dip, such as hummus.
- Serve veggies as an "appetizer" before the main dish.
- Add mushroom, onions, and peppers to scrambled eggs.



### Fruits smoothie how-to:

Mix ½ to 1 bag of frozen berries (raspberries, blueberries, strawberries), 1 cup of skim milk, 4 ounces of low fat yogurt and ice together, blend.

For specific questions about nutrition or exercise, please contact Skylar Griggs, MS, RD, LDN, clinical nutrition specialist, at 617-355-4329

For more general information about our Preventive Cardiology Program, call Boston Children's Heart Center at 617-355-0955 or go to [bostonchildrens.org/hearthealth](http://bostonchildrens.org/hearthealth)