Try to Eat Veggies or Fruit With Each Meal

If you’ve been starting to think about your health a lot more in recent months, you probably realize that one of the most important parts of reaching your health goals is to adjust your diet. What you eat is linked very closely to how you feel, so focusing on your meals should be a very high priority, but how does a person eat healthy? This not improves your physical health, but it can help with your happiness level as well.

**Add Them to Food You Eat**

One of the easiest ways to add vegetables to your diet is to add them to foods that you already eat. Basically, everyone loves pizza, so one of the first things you can try is to add them as a topping on pizza. If you eat spaghetti, you can try adding a small amount of spinach or broccoli to the mix. If you add small amount to your food, you will notice that every vegetable adds a hint of flavor that you might really enjoy, and you have the added benefit of adding a brand new variety of flavor to some of your favorite dishes.

**Breakfast Smoothies**

A very easy way that you can eat more fruit is to freeze fresh fruit, or buy frozen fruit that you can use in making smoothies. That way instead of having to sit down and chew fruit, you can simply drink a healthy mixture of fruits on the go. This is especially great for people who are too busy to cook entire meals in the morning before work. Smoothies are usually a mix of yogurt, and fruit or your choosing. For a really easy energy filled smoothie, choose your favorite yogurt and blend half a banana, strawberries, and blueberries. This will give you an awesome balance of carbs, protein, antioxidants, and vitamins to start your day off right.

**Make Soups**

Another excellent way to get your daily vegetables would be to boil them into soups. You will be surprised by the almost limitless options that are available when it comes to making delicious, creamy soups that you can use to top rice, meats, or even just eat plain. You will be able to heat up these soups and eat them on the go much like the smoothies mentioned earlier in this article. If you plan ahead you can get all of your nutritional needs and more into a few cups during the day.