

BLAST OFF TO HEALTHY LIVING

Eat 5 servings of fruits & vegetables a day

five

5

Eat five servings of fruits or veggies every day.

4

Eat together as a family four times a week.

3

Eat three meals a day (don't skip breakfast!)

2

Limit screen time to two hours a day.

1

Get at least one hour of exercise per day.

0

Cut sugar-sweetened drinks to zero.

Give a High Five to fruits and veggies. They should be at the top of your list for protecting your health. They are full of vitamins, minerals and fiber. They're easy, portable and yummy!

A diet rich in fruits and vegetables can help decrease the risk of many diseases. There's proof! Studies show fruits & veggies help decrease the risk of stroke, Type II diabetes, cardiovascular disease, hypertension and certain types of cancer.

How much is 1 serving? About 1 cup.

Usually one piece of raw fruits, like a single apple, equals a cup. For big, green, leafy vegetables like spinach, a little more is needed (closer to 2 cups). For dried fruit, a little less is needed (closer to ½ cup).

Adding more fruits and vegetables into your diet

- Add fresh fruit to your breakfast or snacks.
- Replace less healthy snacks like crackers and cookies with fresh veggies. Add a low-calorie dip to stay fueled throughout the day.
- Add more veggies to sauces when making entrees. Even ½ cup of salsa counts as a serving.

When picking fruits and vegetables, aim for a rainbow of colors. The different colors represent a variety of nutrients, including vitamins A and C, potassium, fiber and several of the B vitamins. By trying to get several

different colors of vegetables, you'll have a good balance to keep you healthy.

For more information and some helpful recipes, check out these websites for fruits and veggies at:

- www.fruitsandveggiesmatter.gov
- www.myeatsmartmovemore.com

Try something different:

- Dried fruit and veggies (raisins, apples, mangos, apricots)
- Canned fruit snacks without sugar (applesauce, mandarin oranges)
- Vegetable juice. Choose brands that say 100% juice.
- Frozen – they cost less and are refreshing on a hot day. Put on yogurt, cereal. Add to salsa dips.
- Beans are in the vegetable group! Put them in soup, chili, tacos or burritos.

Tips for eating your veggies

Be a good role model – let kids see you eating a wide variety

- Grow a vegetable garden, use a container or join a community garden
- Keep small bags of fresh cut up veggies at eye level in the fridge.
- Keep fresh fruit in plain site where everyone can see it.
- Take an outing to the farmer's market

