



Fact Sheet



Tips for Getting 5 A Day

FRUITS & VEGETABLES

Fruits and vegetables are among the healthiest foods we can eat. Fruits and vegetables are packed with nutrients, such as vitamins A and C. They are very low in fat, low in calories, and high in fiber. Even though fruits and vegetables are so good for us, many of us have a hard time fitting in our 5 servings per day.

WHAT'S A SERVING?

A serving of fruits and vegetables is probably not as big as you think. One serving equals:

- 1 medium piece of fruit
 - Example – an apple that fits in the palm of your hand
- ½ cup of cooked vegetables
- 1 cup of raw vegetables
- ½ cup of canned fruit
- ¼ cup of dried fruit
- ¾ cup of fruit juice
- ¾ cup of vegetable juice

FITTING IN MORE VEGGIES IS EASY IF YOU....

- Add shredded carrots and broccoli to macaroni and cheese
- Add onions, peppers, mushrooms, and sliced tomatoes to pizza

- Add fresh spinach to your salad
- Add lettuce and tomato to sandwiches
- Grill zucchini and green peppers along with your beef or chicken
- Add chopped tomatoes, lettuce, onions, and peppers to burritos and nachos
- Use tomato salsa as a topping
- Make a smoothie with skim milk, plain yogurt, and then add sliced strawberries and a peach
- Drink orange juice for snacks
- Add dried fruit or fresh berries to muffin mixes
- Make your own trail mix with dried fruit, nuts, and cereal
- Add your favorite fruit to yogurt
- Add pineapple chunks and

Fruits and vegetables are among the healthiest foods we can eat. Fruits and vegetables are packed with nutrients, such as vitamins A and C. They are very low in fat, low in calories, and high in fiber.

for potatoes, other vegetables, fish or chicken

- Stuff pita bread with fresh vegetables, like tomatoes, spinach, onions, broccoli, and shredded carrots, then top with a low-fat salad dressing

FITTING IN MORE FRUIT IS EASY TOO....

- Buy frozen blueberries and microwave them, then top whole grain waffles with hot blueberries for breakfast
- Top cereal with sliced bananas, or peaches, or berries
- Pack fruit for afternoon snacks

