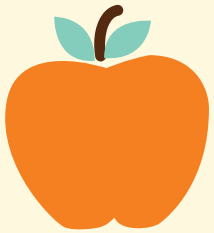

5 SERVINGS OR MORE OF FRUITS & VEGETABLES

1 2 3 4 5 FIT-TASTIC!

BENEFITS OF FRUITS & VEGETABLES:

- Helps prevent certain types of diseases such as cancer.
- Contains water and fiber.
- They are full of vitamins and minerals.
- Helps make blood and keep bones and muscles strong.
- Helps give you a healthy complexion.

TIPS TO INCREASE INTAKE:

- Plan dinner around two veggies.
- Carry dried fruit for a quick snack.
- Eat fresh fruit or veggies for a snack.
- Add fruit to a light yogurt smoothie.
- Add chopped apricots, apples or pears to a green salad.
- Add frozen or fresh veggies to canned soup.
- Ask for tomatoes or other veggies on sandwiches.
- Use chopped fruit in breads or muffins.
- Add fruit to cereal or pancakes.
- Try veggie pizza or top cheese pizza with onions, peppers, tomatoes or broccoli.

KEEPING FOOD FROM SPOILING:

- Serve fresh fruits and veggies first; save the frozen and canned ones for later.
- Buy both ripe and not as ripe fruits and veggies. Eat ripe ones first and allow the others to last a few days longer.
- Keep fruits and veggies in sight in the refrigerator or on the kitchen table.
- Plan your meals ahead of time to include fruits and veggies.

QUICK & EASY PREPARTION:

- Wash and cut fruits and veggies ahead of time.
- Keep canned, frozen and dried fruit on hand.
- Stock up on frozen veggies for easy microwave cooking.
- Buy ready to eat fruits and veggies from the grocery store salad bar.
- Buy pre-sliced, prewashed bagged salad from the store.
- Pick fruits or veggies that don't need any prep like bananas and apples!

TASTE THE RAINBOW!

RED	ORANGE	GREEN	YELLOW	BLUE/ PURPLE	WHITE
APPLE	PUMPKIN	BROCCOLI	PEPPER	PLUM	CAULIFLOWER
CHERRIES	ORANGE	PEPPER	APRICOT	GRAPES	POTATO
TOMATO	CANTALOUPE	SPINACH	PEACH	PRUNE	PEAR
PEPPER	TANGERINE	GREEN BEANS	SQUASH	RAISINS	ONION
STRAWBERRY	CARROT	PEAS	CORN	BLUEBERRIES	SPROUTS
WATERMELON	SWEET POTATO	KIWI	PINEAPPLE	EGGPLANT	JICAMA
GRAPEFRUIT	MANGO	GRAPES			BANANA
POMEGRANATE	PAPAYA	LETTUCE/GREENS			

CONCERNED ABOUT COST?

- Watch ads for sales.
- Cut coupons from newspapers.
- Buy fresh fruits and veggies in season and freeze for later.
- Compare prices of canned, frozen and fresh fruits and veggies, and buy the cheapest.
- Try growing your own fruits and veggies.
- Consider going to a local Farmer's Market.

ONE SERVING IS:

- 1 medium fruit (tennis ball).
- 1 cup small or cut up fruit like grapes.
- 1/2 cup dried fruit.
- 2 cups raw leafy vegetables (lettuce).
- 1 cup non-leafy cooked vegetables.

TIPS & FACTS

- Buy or make lowfat smoothies or fruit and yogurt parfaits with your friends.
- Top frozen yogurt with fruit such as strawberries, raspberries or blueberries.
- Chop up fresh fruits and veggies for get-togethers or parties.
- Choose a side salad with your meal when eating out or replace French fries with seasonal veggies.
- Serve raw veggies with lowfat or nonfat dip.
- Cut fruits and veggies into fun shapes or try kabobs.
- Have baked apples or pears for dessert.
- Offer various textures such as crunchy (apples) and smooth (banana).
- Eat the whole fruit and vegetable instead of juice. They are higher in fiber, lower in calories and can be more filling.
- Freeze berries, grapes or bananas for a quick snack.
- Keep trying and offering them! You never know, you may like it the second time around.

CHOOSE HEALTHY HABITS FOR A HEALTHY FUTURE!

Learn more at www.12345Fit-Tastic.org

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