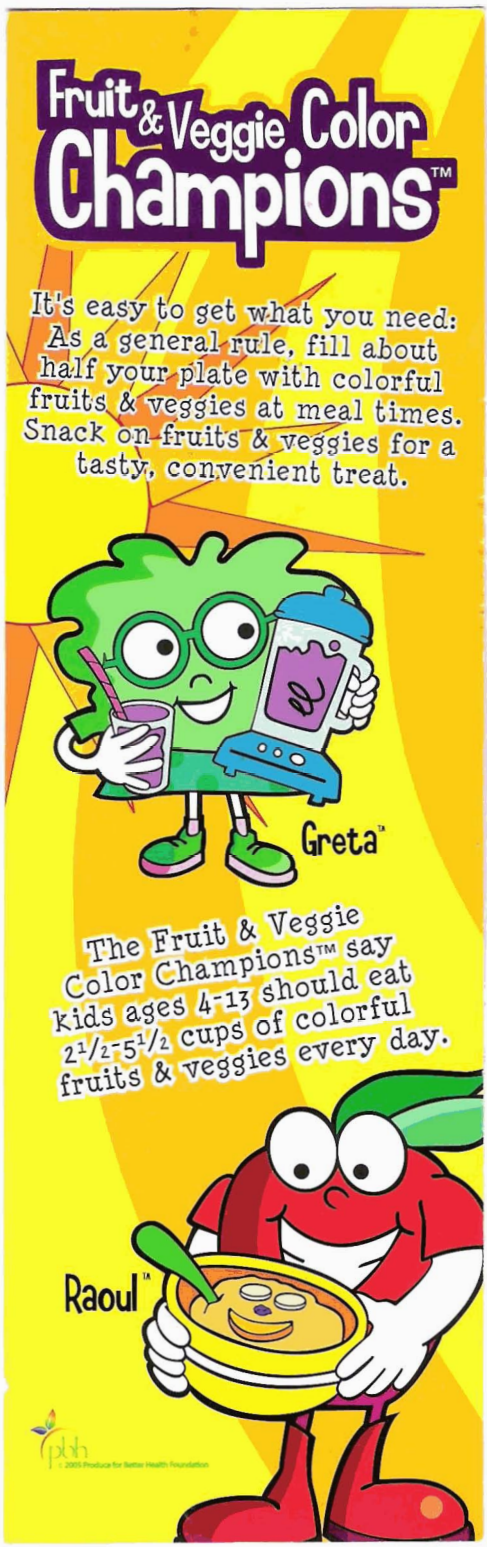
New Nutrition Education Resource Items

544
Fruits and Vegetable Champions



545
Fruits and Vegetables More Matters

Go for GREEN!

- Eat More Green
- Grow Some Green
- Trade Screen Time for Green Time

Test your knowledge:

1. How many teaspoons of sugar are in a 20-ounce bottle of soda?
2. How many teaspoons of fat are in a sugar glazed donut?
3. How many miles would you have to walk to burn off the calories in a 20-ounce soda?
4. How much physical activity do you need every day?
5. On average, how many miles does the food on your dinner plate travel?

(answers on back)

fruits & veggies more matters™
fruitsandveggiesmorematters.org

Great Taste Matters

Try something new

All forms count

Shop smart

Take time for family

Explore the variety

fruits & veggies more matters®
fruitsandveggiesmorematters.org

©2008 Produce for Better Health Foundation