

GIMME FIVE!

EAT AT LEAST 5 SERVINGS OF FRUITS & VEGETABLES A DAY!

5-2-10

EAT THEM FRESH OR FROZEN. TRY DIFFERENT COLORS!

- | Aim to have at least one fruit or veggie at every meal.
- | Add veggies to foods you already eat and enjoy, like pasta, soups, pizza, rice, tacos, burritos, sandwiches, quesadillas, etc.
- | Add fruit to your cereal and yogurt.
- | Make a smoothie with low fat yogurt and your favorite fruits.
- | Eat them as a snack:
 - | *Veggies with low- or non-fat dip or dressing*
 - | *Cucumber, mango, jicama, watermelon, or coconut with lemon and chili*
 - | *Veggies with hummus or salsa*
 - | *Celery with peanut butter*
 - | *Apples with cheese*



EXCERPTS FROM
"HOW TO GET HEALTHY IN THE GHETTO"

WHY?

- | Fruits and vegetables have important vitamins and minerals that keep us from getting sick and keep our eyes and skin healthy.
- | They contain phytochemicals ("fight-o-chemicals") that work together with fiber to help prevent diseases and other health problems.
- | They have fiber. Fiber helps to keep you full, so you eat less and keep a healthy weight.
- | They are naturally low in fat and calories!

WHAT COUNTS AS 1 SERVING?

- | Size of a tennis ball = 1 piece of fruit
- | 1/2 Handful = dried fruit
- | 1 Handful = chopped fruit or veggies
- | 2 Handfuls = raw, leafy greens like lettuce

WHAT ABOUT JUICE?

It is best to eat the fruit rather than drink the juice. Water is the best choice to satisfy thirst, but if you are going to have juice:

- | Limit the amount to 8-12 oz of juice a day.
- | Always choose and buy 100% natural juices. If it says "juice drink", it's not juice. (Some "juice drinks" only contain 5% juice and add in the vitamins.)
- | Dilute your juice with mineral or carbonated water.

