20 Tips for Getting Your 5 to 9 A Day

- Start the day with 6 oz. 100% fruit or vegetable juice
- Top your cereal or pancakes with banana slices or berries
- Keep some dried fruit in your car, home or desk for a quick snack
- Save time with prewashed salad greens for a quick salad at lunch or dinner
- Order a side salad, vegetable soup or beans instead of french fries
- Add lettuce, tomato, cucumber, bell pepper, onion etc. to sandwiches
- Microwave fresh or frozen vegetables for an easy side dish at dinner
- Use salsa as a flavoring for baked potatoes, chicken or fish
- Load a whole wheat pita with hummus and raw veggies for a satisfying meal
- Bake sweet potato wedges brushed with olive oil and sprinkled with garlic powder at 425° for 20 min.
- Add frozen broccoli, spinach, green beans, corn or peas to your casseroles
- Top low-fat yogurt with canned sliced fruit for a sweet treat
- Snack on baby carrots, pepper strips, broccoli & low fat Ranch dressing
- Make a smoothie with frozen fruit, ice cubes and skim milk
- Add apple and pear slices and craisins to your green salad
- Substitute tomato based pasta sauces for creamy white sauces
- Try some black bean salsa with baked tortilla chips
- Add fruit to muffins, cookies and cakes
- Choose brightly colored fruits and vegetables for a wide array of nutrients
- Let fruits take over for your sweet tooth. Finish your meal with a piece of ripe fruit and a small piece of dark chocolate!
What’s a Serving???

One serving of fruits and vegetables should fit within the palm of your hand – it’s a lot smaller than most people think!

If you measure it out, one serving is:

- A small glass of 100% fruit or vegetable juice (6 oz.)
- One medium size piece of fruit (i.e. tennis ball size apple)
- One cup of raw salad greens (choose dark green lettuce or raw spinach)
- ½ cup cooked vegetables (fresh, frozen or canned)
- ½ cup cut-up fruit or vegetables (fresh, frozen or canned)
- ½ cup of cooked beans (like pinto) or peas
- ¼ cup of dried fruit
- 1 oz. (30 g) dark chocolate

A typical portion is often more than one serving. For example, a large salad can add up to 2 – 3 servings.


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