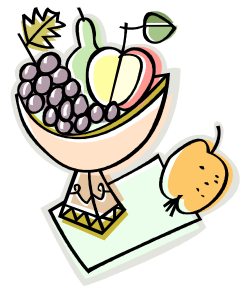


20 Tips for Getting Your 5 to 9 A Day



- ❖ 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 raisins 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)
- $\frac{1}{2}$ cup cooked vegetables (fresh, frozen or canned)
- $\frac{1}{2}$ cup cut-up fruit or vegetables (fresh, frozen or canned)
- $\frac{1}{2}$ cup of cooked beans (like pinto) or peas
- $\frac{1}{4}$ 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.

For more information including recipes, go to www.5aday.gov, www.dole5aday.com/kids, www.5aday.com and www.aicr.org.