Eat at least five fruits and vegetables a day.

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Food for thought

What is a serving?

Adults

- A whole fruit the size of a tennis ball
- 1/2 cup of chopped fruit or veggies
- 1 cup of raw, leafy greens
- 1/4 cup of dried fruits

Kids

- Size of the palm of their hand

Choose with the seasons

- Buy fruits and veggies that are in season
- Don't forget that frozen fruits and veggies are always available and are a healthy choice; choose those without any added sugars, salt or fat.

Easy Rules

Try it!

- Try the three bite rule. Offer new fruits and veggies different ways and try at least three bites each time—it can take 7 to 10 tries before you like a new food.
- Many fruits and veggies taste great with a dip or dressing. Try a low fat salad dressing with yogurt or get protein with peanut butter.
- Make a fruit smoothie with low fat yogurt.

Mix it!

- Add them to foods you already make, like pasta, soups, casseroles, pizza, rice, etc.
- Add fruit to your cereal, pancakes, or other breakfast foods.
- Be a good role model for your family and have at least one veggie at every meal.

Slice it!

- Wash and chop veggies and fruits so they are ready to grab and eat.
- Most people prefer crunchy foods over mushy ones. Enjoy them fresh or lightly steamed.

Did you know?

- A diet rich in fruits and vegetables provides vitamins and minerals, important for supporting growth and development, and for optimal immune function.
- Family mealtime:
  - Do not underestimate the importance of family mealtime: take 10-15 minutes to sit down together.
  - Get your family involved with meal planning and preparation.

Be a Role Model.

- Snack on fruits and veggies.
- Have the family help plan & prepare meals.

READY, SET, GO! 5 2 1 0

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5 2 1 0 LET'S GO!

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