

REASONS TO GET YOUR 5 TO 9 A DAY:

It's Healthy!

Eating more fruits and vegetables—as part of an overall low-fat diet—may cut your risk of certain cancers, heart disease, stroke, obesity, arthritis, cataracts, diabetes and other illnesses.

It's Tasty!

From ripe, juicy, freshly picked fruit to a crisp, colorful tossed salad, fruits and vegetables offer you a broad variety of flavorful food choices.

It's Economical!

Shop and compare. Fruits and vegetables are inexpensive as well as nutritious. They'll help keep your pocketbook healthy as well as your body.

It's Easy!

Grab a piece of fruit. Keep cut vegetables around for snacks. Buy a pre-mixed salad and have it with dinner. It's fast and convenient.

It Can Help You Lose Weight!

Fruits and vegetables can be the cornerstone of a flavorful, satisfying, low calorie diet.

It's A Family Affair!

Help your whole family get the 5 to 9 A Day habit—so everyone can enjoy the benefits of eating more fruits and vegetables.

What is a serving?

- 1 cup leafy greens (spinach salad, kale, mixed greens)
- ¾ cup real fruit or vegetable juice (tomato, orange, grapefruit, mixed vegetable, etc.)
- ½ cup raw or cooked cut up or small fruits and vegetables (green beans, carrots, fruit cocktail, grapes, etc.)
- ¼ cup dried fruit (raisins, craisins, apricots, apple bits, etc.)
- 1 medium piece of whole fruit (apple, orange, banana)
- ½ cup freeze-dried fruits or vegetables (corn, peas, blueberries)

What form is 5 A Day O.K.?

- Fresh? Yes!
- Frozen? You bet!
- Canned? A winter winner!
- Dried or freeze dried? A traveling treat!
- Juice? Refreshment break!
- Fried? Oops. No!
- Chocolate coated? Maybe. Low fat chocolate yogurt as a dip for fruit is O.K. Candy coating is a no go.

Eat Smart *Move Smart*

Minnesota 5 to 9 A Day Program
Minnesota Department of Health
Health Promotion and Chronic Disease Division
Nutrition and Physical Activity Unit

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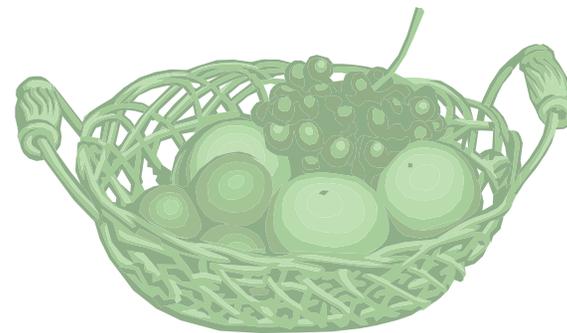
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5 to 9 A Day The Easy Way

Simple tips
for getting your 5-9
fruits and vegetables a day



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A MONTH OF IDEAS FOR GETTING YOUR 5 TO 9 A DAY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
✓ ✓ ✓ Don't forget broccoli SAMPLE Check the boxes as you get your 5-9 a day!	Cook up a batch of vegetable soup. Freeze in single servings and reheat in microwave.	Stuff fresh mushroom caps with low-fat cottage cheese, chives, dill.	Marinate frozen mixed vegetables in low-fat Italian dressing	Choose juice or fruit at your morning break.	Invite friends over and order a veggie pizza.	Dip strawberries in powdered sugar for an elegant dessert
Stir things up! Mix dried fruits (apples, apricots, etc.) Into pancake batter.	Don't ban the can! Keep canned fruits and vegetables on hand.	Add grapes or mandarin oranges to tuna and chicken salads-use low-fat dressings.	Add leftover vegetables to soups and casseroles.	Hollow out a fruit (peach, cantaloupe, etc.); fill it with low-fat yogurt.	Broil up your own potato skins snacks: nonfat butter-flavored granules, garlic powder, black pepper, then broil.	Top your favorite sherbet with chopped berries-fresh or frozen
Try one new fruit or vegetable this week.	Easy apple cobbler! Mix apple slices, raisins, and brown sugar. Microwave. Add skim milk.	Top canned fruit with a dollop of low-fat yogurt and sprinkle with crispy bran.	Jicama is the perfect dipping food-slice up a few sticks and dip into your favorite low-fat dip or dressing.	Add thin-sliced cucumber, tomato, lettuce, and sprouts to your sandwich.	Pour a tumbler full of spicy tomato juice on the rocks. Add a carrot/celery swizzle stick!	Stock up on frozen fruits and vegetables to serve any time.
Freeze a cluster of grapes for an hour or so, then snack away.	Pop an ear of corn, sprinkled with herbs, into the microwave for a couple of minutes.	Go for convenience. Bananas don't even need wrapping. Take one with lunch.	Dip pineapple or strawberry chunks in low-fat yogurt for a fresh sensation.	Top cereals-hot and cold-with fruit, fresh or dried.	Treat yourself to a mix of dried fruits-apples, raisins, and apricots.	Too busy to cut, peel, and slice? Your grocer probably sells them cleaned and cut. Keep on hand for quick snacks.