



Choose
fruits & vegetables
every day!

EAT SMART & WIN!

Make it easy, make it fast

- Make a fruit smoothie for a quick breakfast
- Add baby carrots or cherry tomatoes to your lunch
- Snack on trail mix with dried fruit

Make it fresh, frozen, or canned

- Grab a "snack pack" applesauce
- Use a frozen vegetable to stir fry
- Choose "in season" fresh produce

Make it colorful





- Add chopped tomatoes, cucumber, and green peppers to your salad
- Have a fruit salad made with grapes, bananas and berries
- Add vegetables like broccoli or red peppers to spaghetti or pasta

Try eating 1 or 2 more servings of fruits and vegetables every day with your meals or as a snack.



EAT SMART & WIN!

Win with better health when you eat more fruits and vegetables!

-  Fruits and vegetables are high in vitamins, minerals, fiber and phytochemicals that are important to good health.
-  Most fruits and vegetables are naturally low in fat and calories.
-  Diets rich in fruits and vegetables may reduce the risk of cancer and other chronic diseases.
-  Choose plenty of different fruits and vegetables daily.

Eating 5-9 servings of fruits and vegetables every day is recommended.

Serving Sizes:

- 1 medium fruit
- ½ cup fresh, frozen, or canned fruit
- ¼ cup dried fruit
- ½ cup raw or cooked vegetable
- 1 cup leafy raw vegetable
- 4 oz 100% juice