



WHY 5 A DAY?

People who eat fruits and vegetables regularly have half the risk of cancer than people who don't. They also have lower risk of heart disease and stroke. Yet, surveys show less than half of us eat at least five servings of fruits and vegetables each day.

By aiming to consume 5 or more servings of fruits and vegetables daily you can help maintain:

- A healthy heart
- Memory function
- Vision health
- Strong bones and teeth
- A lower risk of some cancers



GET TO KNOW PORTION SIZES

To gain confidence in your portion estimating abilities, use measuring cups, spoons and scales to establish a reference point. Use this information for your fruit and vegetable tracking.

What is a serving of fruit?

- 1 small piece of fruit (size of a tennis ball)
- ½ grapefruit
- ½ cup canned or fresh fruit
- ¼ cup dried fruit
- ½ cup fruit juice

What is a serving of vegetables?

- 1 cup raw leafy vegetables (spinach, kale, romaine lettuce)
- ¾ cup juice
- 1 small baked potato
- ½ cup cooked vegetables
- 1 cup raw vegetables



TO JUICE OR NOT TO JUICE?

Fruit and vegetable juices offer ample sources of vitamins and minerals, but ounce-for-ounce, have more calories than whole fruit. For instance, an eight-ounce glass

of orange juice has the same number of calories as two oranges. The whole fruit or vegetable has the added benefit of fiber, which helps you feel full.



5 A DAY THE COLOR WAY

To get a healthy variety of fruits and vegetables, think color. Eating fruits and vegetables of different colors provides valuable nutrients like fiber, potassium and vitamins A and C. Some examples include

green spinach, orange sweet potatoes, yellow corn, purple plums, red watermelon and white onions. For more variety, try new fruits and vegetables regularly.



5 A DAY CHALLENGE LOG

For the next 2 weeks, focus on consuming at least 5 servings of fruits and vegetables each day. You may want to start out gradually with 1 - 2 servings per day and increase every few days. Using the tracker below, cross off one apple for each serving of fruit or vegetable that you eat.



WEEK 1

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

WEEK 2

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7



PARTICIPANT INFORMATION

Name: _____
 Email: _____
 Phone: _____
 Location: _____