





fruits and vegetables

Eat 5 to 9 A Day for Better Health



Tips on Scoring High

men
shoot for 9

- 1 Have a glass of 100% juice in the morning.
- 2  Snack on fresh fruit throughout the day. Grab an apple or banana on your way out the door.
- 3 Eat a big salad at lunch.
- 4  Snack on raw veggies with low-fat dip instead of chips or candy.
- 5 Keep trail mix made with dried fruit on hand for a quick snack.

6



Enjoy your favorite beans and peas. Add them to salads. Try black bean and corn salsa for snacking.

7

Add fresh or frozen veggies to your favorite pasta sauce or rice dish.

8

Eat at least two vegetables with dinner.

9

Choose fruit instead of a richer dessert.



"Working long hours and having a family is tough. Eating fruits and vegetables keeps my mind and body feeling great. When I get home I still have energy for the kids."

Source:
U.S. Dept. of Health and Human Services
National Institutes of Health
National Cancer Institute
<http://5aday.gov/9aday/tips.html>