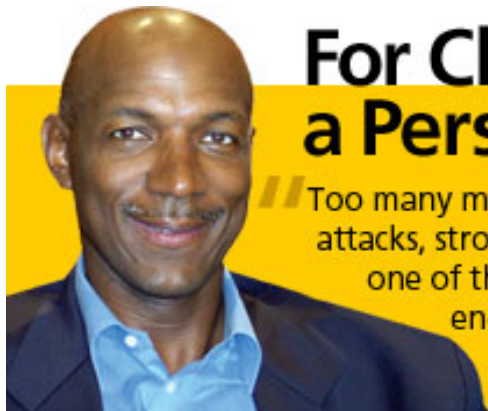




fruits and vegetables

Eat 5 to 9 A Day for Better Health



For Clyde Drexler, men shoot for 9 a Personal Priority

“Too many men in this country drop dead from heart attacks, strokes, or some form of cancer. I don't have to be one of them. Plus, eating fruits and vegetables keeps me energized and helps me feel good about myself.”

Drexler is widely known as a star NCAA and NBA basketball player. He began his career as a member of the "Phi Slamma Jamma" team at the University of Houston where he and Hakeem Olajuwon took the team to the NCAA Final Four twice.

In the NBA, Drexler shined as a Portland Trail Blazer for 12 years. After earning an NBA championship ring, he moved to the Houston Rockets where, after three years, he concluded his career as one of only three players in NBA history to top 20,000 points, 6,000 rebounds, and 3,000 assists.

But Drexler's life has not been all fame and glory. During his lifetime, he has lost many family members to cancer.

Now that he has retired, he has decided to devote time to an issue he hopes can have a positive impact on others.

*Clyde Drexler served as an official spokesperson for the National Cancer Institute 5 A Day Program in March, 2003.

“When I was playing pro-ball, I had one goal: to win. Now, my goal is to stay healthy and to be around for my family. So I eat 9 servings of fruits and vegetables every day. I snack on fruit, have a salad with lunch, and eat at least two veggies with dinner. Eating fruits and vegetables at every meal makes it easy for me to get my 9 A Day.”

— CLYDE DREXLER



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