



EAT 5 A DAY
for better health

5 A Day for Better Health

The National 5 A Day program is on a mission to increase consumption of fruits and vegetables to 5 or more servings a day to improve the health of Americans. Since 30 percent of all cancer deaths are attributed to a high-fat, low-fiber diet, eating 5 or more servings of fruits and vegetables a day could be the most important lifestyle change you ever make.

What's a Serving?

- 1 medium-size fruit
- 3/4 cup (6 oz.) of 100 percent fruit or vegetable juice
- 1/2 cup fresh, frozen, or canned fruit (in 100 percent juice) or vegetables
- 1 cup of raw leafy vegetables
- 1/2 cup cooked dry peas or beans
- 1/4 cup dried fruit

5 Points to Remember

1. Eat 5 servings of fruits and vegetables every day.
2. Eat at least one vitamin A rich selection such as cantaloupe, carrots, spinach, and sweet potatoes every day.
3. Eat at least one vitamin C rich selection such as grapefruit, oranges, leafy greens, or green peppers every day.
4. Eat at least one selection high in folate such as oranges or orange juice, mustard greens, spinach and other leafy greens every day.
5. Eat cabbage family (cruciferous) vegetables such as broccoli, Brussels sprouts, and cauliflower several times a week.

© **Produce for Better Health**
Foundation

www.5aday.com ■ www.aboutproduce.com