



EAT 5 A DAY
for better health

Fruits and Vegetables: The Original Fast Food!

Fruits and vegetables are the ultimate convenience food – they're portable, pre-packaged, and can be eaten raw and on the go.

Getting More Fruit

- Think fruit for snacks and quick pick-me-ups.
- Add fruit – apple chunks, orange wedges, or grapes – to lettuce salads.
- Choose fruit juices instead of coffee or soft drinks.
- Use fruit as an appealing edible garnish – grapes on a sole fillet, pineapple slices on an Oriental chicken breast.
- Freeze pureed fruit to make juice bars or ice cubes.
- Top cereal and plain yogurt with fruit.

Getting More Vegetables

- Include cut, raw veggies for lunch.
- Cut an assortment of fresh vegetables every few days and keep refrigerated for handy snacks.
- Vegetable soup can increase your servings – make your own or add some lightly cooked veggies to canned soup.
- Check out the salad bar – salads can provide your 5 A Day quota in one sitting.
- Add extra vegetables to sandwiches such as tomato slices, sprouts, and lettuce and to main dishes such as spaghetti sauce, stews, and stir-fries.