

Controlling my risk: 5-a-Day of vegetables and fruits

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- 🍎 Keep my blood pressure lower
- 🍎 Help control my weight
- 🍎 Help prevent type 2 diabetes
- 🍎 Decrease my risk of cancer, heart disease and strokes

A serving is...

- 🍎 1 cup green leafy vegetables
- 🍎 ¾ cup of 100% fruit or vegetable juice
- 🍎 ½ cup cooked or raw vegetables
- 🍎 ½ cup chopped, cooked or canned fruit
- 🍎 ¼ cup dried fruit 🍎 ¼ cantaloupe
- 🍎 1 medium fruit 🍎 12 grapes 🍎 ½ grapefruit

Eating 5 a day is easy!

- 🍎 Breakfast: juice
- 🍎 Snack: ½ banana
- 🍎 Lunch: carrot sticks
- 🍎 Dinner: vegetable and salad



Vegetables and fruits are:

- 🍎 low in fat
- 🍎 lower in calories than most foods
- 🍎 high in fiber
- 🍎 high in vitamins and minerals

100% vegetable or fruit juice has all of the vitamins but lacks fiber. Juice can raise my blood glucose faster and higher. Fiber in vegetables and fruits is very important for my health. I limit juice and drink more water when I am thirsty.



I choose a variety of vegetables and fruits.

I eat the skins for more fiber.

I know that whole foods cannot be replaced by vitamins or other supplements.

5-a-day is the way to better health!