Aim for at least 5 servings of fruits and vegetables a day to grow healthy and strong.

Fresh, frozen, or canned fruits and vegetables all count! Look for canned items packed in water or low in sodium.

What counts as a serving?

Most fruit and vegetable servings = 1 cup.
1 cup is about the size of a fist or baseball.

For small fruits, like plums or clementines, 2 pieces = 1 serving.

1/2 cup = a cupped hand
1/2 cup = 1 serving for beans or legumes

Notes:

_________________________
_________________________
_________________________
_________________________
_________________________
Be Sure to Eat at Least 5 a Day!

- Start your day with fruit— in cereal, yogurt, smoothies or sliced!
- Pack 1 fruit and 1 vegetable for lunch
- Make half your plate fruit or vegetables at dinner
- Add fruits or veggies to your snack
- Have a healthy contest— who can eat the most fruits and vegetables in your house?
- Take turns picking out new fruits or vegetables to try

Notes: __________________________________________________________
_______________________________________________________________
_______________________________________________________________
_______________________________________________________________
_______________________________________________________________
Did You Know?

Different colors of fruits and vegetables help different parts of your body stay healthy and strong!

- Red fruits and vegetables keep your heart fit, green ones build strong teeth and bones, and blue or purple fruits and vegetables help your brain think and remember.
- Yellow fruits and vegetables help protect your skin while orange ones keep your eyes healthy.

Make a plan to eat a rainbow of fruits and vegetables every day!

Match the fruit or vegetable with the body part it keeps healthy!

Ingredients:
- 6 ounces of your favorite yogurt
- 1 cup of your favorite low-fat milk
- 1 cup of your favorite frozen fruit

Directions:
- In a blender, add ingredients together.
- Place the blender lid on tight.
- Turn on blender and blend until smooth and creamy.
- Pour into two glasses for you and a friend!

Notes: ____________________________________________________________