

5

OR MORE FRUITS & VEGETABLES

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:

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Fruits and vegetables have vitamins and minerals that help you feel healthy and energized.

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:

What are some of your favorite fruits and vegetables?

Circle your favorite fruits and vegetables. Draw a square around fruits or vegetables that you want to try.



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Super Easy Smoothie



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!

There are many types of frozen fruit. Cherries, blueberries, peaches, strawberries, mangoes, and bananas are just a few examples! You can even try more than one fruit in your smoothie!

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!

