



5-A-Day for Better Health!

Since 1992, the National 5-A-Day Program has encouraged Americans to increase their daily fruit and vegetable intake to 5-9 servings. Currently, the average American is consuming only two and a half servings of vegetables per day. The program recommends eating daily servings of vitamin C-rich and cruciferous vegetables. Beta carotene - rich, leafy greens should be incorporated into the diet every other day. Adding more fruits and vegetables into the diet will promote good health.

If the concept of eating five servings of fruits and vegetables daily seems overwhelming, it may be easier to think of it as just including one produce item in your breakfast, lunch, dinner and two different snacks. Here are some suggestions to help you meet this challenging task.

Breakfast: 1. Wake up to a cold glass of orange, grapefruit or tomato juice. 2. Slice a banana into a bowl of cold cereal. 3. Sprinkle raisins into a bowl of oatmeal with cinnamon. 4. Top pancakes or toaster waffles with frozen berries or canned fruit. 5. Sprinkle frozen (thawed) or fresh berries on low-fat yogurt.

Lunch: 1. Top off a sandwich with lettuce, tomato, sprouts, or onion. 2. Serve a side of canned peaches or baked beans with

lunch. 3. Enjoy some vegetable, tomato, broccoli, or lentil soup. 4. Pack a pita pocket bread with tuna salad and your favorite veggies. 5. Toss up a pasta salad with some peppers, onions, and tomatoes.

Snacks: 1. Spread peanut butter on banana or apple slices. 2. Pack dried fruit, like raisins, apricots, or fruit bits, into trail mix. 3. Fill celery sticks with light cream cheese or peanut butter. 4. Refresh yourself with a glass of spicy vegetable juice on the rocks. 5. Dip baby carrots and broccoli florets into low-fat Ranch dressing.

Dinner: 1. Top off your cheese pizza with peppers, onions, or pineapple. 2. Stir-fry fresh or frozen vegetables with lean meat or poultry. 3. Add frozen broccoli, green beans, corn, or peas to a casserole. 4. Add a side or two of vegetables, try one of the new frozen blends. 5. Garnish your fish or chicken with a slice of canned pineapple. Source: Adapted from Eat Right Montana.

There are many different types of fruits and vegetables available to keep your daily diet interesting. Once you've made the five servings a part of your daily routine, "Fruits and Vegetables from A to Z" may be a useful guide to supply you with some new and exotic fruit and vegetable options.

Fruits and Vegetables from A to Z

A — Vegetables: alfalfa sprouts, artichoke, asparagus. **Fruits:** acerola, apple, apple-sauce, apricot, avocado.

B — Vegetables: bamboo shoots, beets, beet greens, bell pepper, broccoli, brussel sprouts. **Fruits:** banana, blackberries, blueberries, boysenberries, breadfruit.

C — Vegetables: cabbage, carrots, cassava, cauliflower, celery, chayote, chicory, coleslaw, collards, corn, crookneck squash, cucumber. **Fruits:** cactus pear, cantaloupe, carambola (star fruit), casaba melon, cherimoya, cherries, crabapples, cranberries, currants.

D — Vegetables: dandelion greens. **Fruit:** dates, dewberries.

E — Vegetables: eggplant, endive, escarole. **Fruit:** elderberries.

F — Vegetables: fennel bulb. **Fruit:** figs, feijoa.

G — Vegetables: green beans, green peas. **Fruit:** gooseberries, grapefruit, grapes, guava.

H — Vegetables: hearts of palm, hominy, hubbard squash. **Fruit:** honeydew melon.

I — Vegetables: iceberg lettuce.

J — Vegetables: Jerusalem artichoke, jicama, jute. **Fruit:** jack fruit, Java plum, jujubes.

K — Vegetables: kale, kohlrabi. **Fruit:** kiwifruit, kumquat.

L — Vegetables: leaf lettuce, leeks, lotus root. **Fruit:** lemon, lime, loganberries, longans, loquat, lychees.

M — Vegetables: mushrooms, mustard greens. **Fruits:** mandarin oranges, mangos, melons, mulberries.

N — Vegetables: New Zealand spinach, nopales. **Fruit:** nectarines.

O — Vegetables: okra, onion, "oyster plant" (salsify). **Fruit:** oranges.

P — Vegetables: parsley, parsnips, peas, peppers, potatoes, poi, pumpkin, purslane. **Fruit:** papaya, passion fruit, paw paw, peaches, pear, persimmon, pineapple, plantain, plums, pomegranate, prickly pear, prunes, pumelo.

Q — Fruit: quince.

R — Vegetables: radicchio, radish, romaine lettuce, rutabaga. **Fruit:** raisins, raspberries, rhubarb, rose apple.

S — Vegetables: sauerkraut, seaweed, snowpeas, squash, sweet potato, Swiss chard, succotash. **Fruit:** sapodilla, sapote, starfruit, strawberries, sugar apple.

T — Vegetables: taro, tomatoes, turnip greens, turnips. **Fruit:** tamarind, tangerines.

U — Fruit: ugli fruit.

V — Vegetables: vegetable oyster (salsify), vegetable pear (chayote); velvet apple. **Fruit:** valencia orange.

W — Vegetables: water chestnuts, watercress, wax beans. **Fruit:** watermelon.

Y — Vegetables: yams, yard-long beans, yellow beans.

Z — Vegetables: zucchini. Source: Adapted from Texas Fruits and Vegetables from A to Z.

Fruits and vegetables provide many valuable resources to our bodies to promote good health. Fruits are excellent sources of vitamin C, beta carotene, and potassium. They also contain bioflavonoids which protect against cancer and other diseases.

Vegetables are similar in that they too contain many vitamins - A, C, E, folate, and other B vitamins, plus the bioflavonoids to prevent disease. Fruits and vegetables are also high-fiber, low-calorie foods which can act as a quick source of energy for the body.

All of these benefits are available to you simply by increasing your daily fruit and vegetable intake!

Are you ready to take the 5-A-Day challenge?

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