Why Eat at Least 5 Fruits & Vegetable Servings Everyday?

Eating 5 A Day decreases your risk of cancer, heart disease, stroke, diabetes, obesity, and other diet-related diseases.

What's a Serving?

- 1 medium-sized piece of Fruit
- 3/4 Cup or 6 oz. 100% fruit or vegetable juice
- 1/2 cup fresh, frozen or canned fruit (100% Juice)
- 1/2 cup canned or frozen vegetables
- 1 cup raw leafy vegetables
- 1/2 cup cooked dry peas or beans
- 1/4 cup dried fruits

A Great Way to Get More Fruits and Vegetables in Your Diet is to Eat More Salads!

Health Tip Of The Month:
Eat 5-9 Servings of Fruit And Vegetables Daily