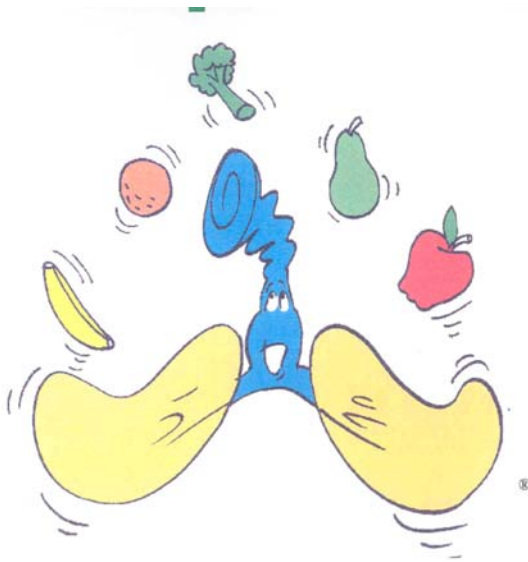


**Health Tip Of The Month:  
Eat 5-9 Servings of Fruit  
And Vegetables Daily**



**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!**