Fruits and Vegetables - Add Color To Your Life!

It's hard to go wrong with fruit and vegetables. You can eat them whole, chopped, raw or cooked, dry, frozen, fresh or canned. Eating a variety of colorful fruits and vegetables each day provides your body with energy, fiber, vitamin C, and other nutrients that you need to stay healthy and fight off diseases.

Aim for at least 5 FRUITS and VEGETABLES a day!

Put a ✔️ by the fruit and vegetable ideas that you already do. Put a ★ by the ideas that you plan to start eating to help you get 5 a day:

- Peel and eat a banana as a snack.
- Eat applesauce (sprinkle cinnamon on top).
- Drink 4 oz (1/2 cup) of 100% fruit juice.
- Eat a side salad topped with tomatoes, carrots, and other colorful vegetables.
- Cut or peel an orange as a snack.
- Choose vegetables as a side dish more often than French fries in the cafeteria.
- Top grilled chicken sandwiches or hamburgers with lettuce and tomatoes.
- Order a pizza with lots of colorful vegetable toppings.
- Try a new fruit or vegetable side dish at school or restaurant.
- Dip baby carrots, broccoli, sliced cucumbers, or celery in ranch dressing.
- Choose a baked sweet potato as a side dish instead of a regular baked potato.
- Ask for at least 2 vegetable toppings on your deli sandwich.