

‘NUTRITIONAL TIPS’

5 A DAY FRUITS & VEGGIES

To maximize your health, how many servings of fruits and vegetables should you consume each day? If you answered five servings, congratulations! You know what it takes to start a healthy eating plan. You require more ‘Daily Fiber’ in your diet!

Now for the big question: Do ‘YOU’ get 5-A-Day? The answer for most Americans is “No.” A serving might just be some banana slices on your morning cereal or some carrots in your lunch. You do not have to eat a pound at a sitting!

This is ‘**National 5-A-Day Week**’, the perfect time to increase your fruit and vegetables intake. If you already eat five servings each day, adding one or two more will result in even more health benefits.

A very common question is, how big is a serving?

For fresh fruit, raw leafy vegetables and chopped raw vegetables, a serving is one cup – about the size of a baseball.

A serving of cooked vegetables is 1/2 cup – about the size of a baseball cut in half.

Use these visual aids to help achieve your objective of 5-A-Day.

Remember, we are what we eat!

We can control the quality and longevity of life!

How much longer do you want to live right now?

Make a decision!

**“Welcome Aboard!”
“Enjoy The Ride!”**

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