

5 a Day

It is recommended that each individual receive at least 5 fruits and vegetables in one single day. Fruits and vegetables are good sources of fiber and are low-calorie food choices. How you receive your 5 fruits and vegetables are your choice. Below is a list of serving sizes for fruits and vegetables along with ideas and recipes to help reach your goal of 5 a day.

Fruits

- 1/2 cup canned fruit (own juice or light syrup)
- 1 medium whole piece of fruit
- 1 cup of melon or berries
- 1/2 cup 100% fruit juice (only 1 cup per day)
- 1/4 cup dried fruit

Vegetables

- 1/2 cup cooked
- 1 cup raw leafy vegetables
- 1 cup raw cut-up vegetables
- 6 oz. of vegetable juice

Fruits and vegetables may be consumed with a low-fat or fat-free fruit dip, vegetable dip, or salad dressing if desired.

Ants on a log - Peanut butter stuffed celery topped with raisins

Fruit smoothie - Favorite fruits blended with skim milk, low-fat yogurt, and ice cubes made with fresh or frozen fruit. You may also freeze the blend to have as a bedtime snack.

Trail Mix - Dried fruit mixed with any variety of nuts or sunflower seeds (be careful of choking hazard in toddlers).

Fruit Kabobs - Take your favorite fresh or frozen fruit and place the fruit on a skewer. You may also have a low-fat or fat-free yogurt or fruit dip available for dipping.

Fruit Pizza - Pizza crust topped with fat-free cream cheese and assorted fruit. Bake crust and set aside to cool. Once cool, spread cream cheese mixture over crust and top with fruit. Cream cheese mixture consists of 8 oz. of cream cheese, 1/3 cup sugar, and 1/2 tsp. vanilla.

Vegetable Quesadilla or Burrito - Tortilla filled with your favorite vegetables and cheese. Top with lettuce and/or salsa. For quesadilla, fold tortilla in half and bake in oven until crispy.

Salad - Salad greens topped with assorted fresh vegetables (broccoli, carrots, bell peppers, radishes, celery, tomatoes, etc.). Use low-fat or fat-free salad dressing. You may also top the salad off with fresh fruit such as apples slices, mandarin oranges, etc.

Vegetable Pizza - Pizza crust topped with pizza sauce, assorted vegetables and low-fat cheese.

