



Strive for 5 fruits & vegetables.

Eating five fruits and vegetables a day can be as simple as adding a slice of tomato to your grilled cheese sandwich or adding extra vegetables to your pizza. Here are some other tips to help you reach your “5 A Day”:

- **In plain sight.**
Set a bowl of “grab-and-go” fruits, such as apples, grapes, bananas, oranges or pears on the counter or in the center of the table. When you feel the munchies coming on, grab a fruit to make your “5 A Day”!
- **Good things come in threes.**
When buying fresh fruits and vegetables, buy one ripe fruit or vegetable to eat right away, one medium-ripe produce item for mid-week and one less-ripe item that will be delicious by the end of the week.
- **Comparison shop.**
When looking for a snack, keep in mind that an apple costs 22 cents, a candy bar or bag of chips costs 50 cents.



- **Top it off.**
Topping your favorite breakfast cereal with sliced bananas or strawberries is an easy way to add a serving of fruit to your daily eating habits.
- **Don't desert desserts.**
For a tasty and nutritious dessert, add some fresh or frozen fruit to yogurt or low-fat ice cream.
- **Stock up!**
Visit your local farmers' market for inexpensive, fresh produce. Buy extra vegetables, like broccoli and cauliflower, and create your own frozen vegetables.
- **Don't forget — about canned and frozen produce.**
They are nutritious ways to get “5 A Day,” and can be less expensive than fresh produce.

Eat 5 A Day

Strive for 5 fruits and vegetables.

Choose several kinds of fruits and vegetables every day. Fruits and vegetables help you and your family stay healthy. They are low in fat, they taste good and they add color to your meals.

Shopping:

- Buy a fruit or vegetable to eat with every meal or snack.
- Buy frozen or canned vegetables when you're short on time.
- Buy fresh fruit and vegetables when they are in season. They will taste great and cost less.
- Buy brightly colored fruits and vegetables for extra vitamins.
- Let your kids pick out their favorite fruits and vegetables at the store.

Making dinner:

- Bake, steam, or microwave vegetables. It's quick and easy. For example, just open a can of carrots, beans or corn, pour into a bowl and microwave on high for 2 minutes. Add your favorite seasonings and serve!
- Add vegetables to main dishes. Add shredded carrots to meat loaf, chili or lasagna. Throw green peppers on a frozen pizza or stir chunks of vegetables into turkey or chicken salads.
- Add fruits to meals. Have fruit for dessert.
- Have breakfast for dinner: Mix fruit in cereal or top pancakes with fruit.

Feeding picky kids:

- Serve a food your kids like when serving a new fruit or vegetable.
- Be a good role model. If your kids see you eating fruits and vegetables, they will want to try these foods.
- Make it fun. Try sliced orange "smiles," frozen banana pops or vegetable kabobs.
- Let your kids help in the kitchen. They can wash vegetables or tear lettuce.



The "Eat for Health" Campaign was developed by the Missouri Nutrition Network, a nonprofit, collaborative effort of public and private organizations throughout the state.
Partial funding for this project comes from the United States Department of Agriculture (USDA).

This printing made available by University of Missouri Outreach and Extension, an equal opportunity/ADA institution.