

Easy ways to eat more fruits and vegetables...

- Put fruit on your cereal, waffles, pancakes or oatmeal
- Put veggies on your sandwich, eggs and pizza
- Try fruits and veggies with peanut butter, low-fat dips and dressings or low-fat cheese
- Try a new fruit or vegetable every week!

5 a day is easy!

Breakfast + Lunch + Snack + Dinner = 5!

Can you do it?

5
5 or More Fruits and Vegetables per Day

2
2 Hours or Less Screen Time per Day

1
1 Hour or More Physical Activity per Day

almost none
Almost No Sugary Drinks - 2 or Less per Week

Activity:
Fruit & vegetable diary

5
5 or More Fruits and Vegetables per Day

Fruit & Veggie Queen of the Week

Fruit & Veggie Trivia

What's YOUR favorite fruit and vegetable?

Name That Fruit
The healthy, soft-skinned fruit is full of vitamins and fiber. It's a great snack for kids and adults alike.

Name That Vegetable
This vegetable is full of vitamins and fiber. It's a great snack for kids and adults alike.