

# A High Five

In selecting your daily intake of fruits and vegetables, the National Cancer Institute recommends choosing:

- At least one serving of a vitamin A-rich fruit or vegetable a day.
- At least one serving of a vitamin C-rich fruit or vegetable a day.
- At least one serving of a high-fiber fruit or vegetable a day.
- Several servings of cruciferous vegetables a week. Studies suggest that these vegetables may offer additional protection against certain cancers, although further research is needed.

## High in Vitamin A\*

apricots  
cantaloupe  
carrots  
kale, collards  
leaf lettuce  
mango  
mustard greens  
pumpkin  
romaine lettuce  
spinach  
sweet potato  
winter squash  
(acorn, hubbard)

## High in Vitamin C\*

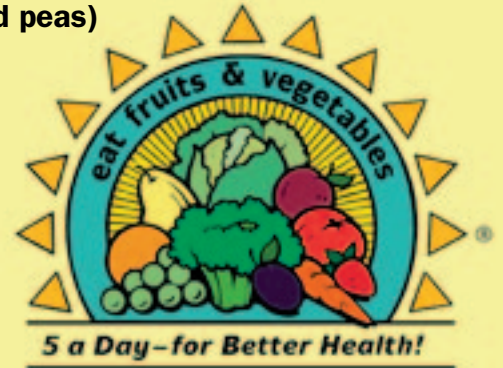
apricots  
broccoli  
brussels sprouts  
cabbage  
cantaloupe  
cauliflower  
chili peppers  
collards  
grapefruit  
honeydew melon  
kiwi fruit  
mango  
mustard greens  
orange  
orange juice  
pineapple  
plum  
potato with skin  
spinach  
strawberries  
bell peppers  
tangerine  
tomatoes  
watermelon

## High in Fiber or Good Source of Fiber\*

apple  
banana  
blackberries  
blueberries  
brussels sprouts  
carrots  
cherries  
cooked beans and peas  
(kidney, navy, lima,  
and pinto beans, lentils,  
black-eyed peas)  
dates  
figs  
grapefruit  
kiwi fruit  
orange  
pear  
prunes  
raspberries  
spinach  
strawberries  
sweet potato

## Cruciferous Vegetables

bok choy  
broccoli  
brussels sprouts  
cabbage  
cauliflower



\*Based on FDA's food labeling regulations

(Source: National Cancer Institute)