

Keep Getting 5 A Day

Sometimes it gets hard to keep eating fruits and vegetables at each meal. Try different ways of working fruits and vegetables into your own recipes and tastes. Fruits and vegetables aren't just side dishes.

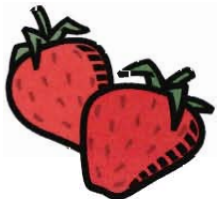


- ◆ Drink 100% fruit juice and vegetable juice with a meal or as a snack.
- ◆ Use fruit (raisins, dried fruit mix, fresh strawberries, bananas) as toppings for hot and cold cereals.
- ◆ Use vegetables like squash, peppers, eggplant, mushrooms and spinach in your favorite recipes. They're great in enchiladas, fajitas, spaghetti sauce and casseroles.
- ◆ Use raw vegetables like carrots, broccoli, celery, and cauliflower to dip instead of chips.



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