

5 A Day: Who Me?

5 A Day for Better Health!

Eat 5 or more servings of fruits and vegetables each day for better health. Most people are already eating 3 servings of fruits and vegetables a day. So getting the recommended 5 or more a day is easier than you think. Just add 2 more fruits and vegetables today!



Why are fruits and vegetables important?

Fruits and vegetables are:

- ◆ Rich in many vitamins and minerals
- ◆ Low in fat and calories
- ◆ Good sources of fiber



Benefits of eating fruits and vegetables:

- ◆ Provides energy
- ◆ Teaches your family good eating habits
- ◆ Keeps your family healthy
- ◆ They taste great and are easy to eat



5 A Day: Who Me?

5 A Day for Better Health!

Eat 5 or more servings of fruits and vegetables each day for better health. Most people are already eating 3 servings of fruits and vegetables a day. So getting the recommended 5 or more a day is easier than you think. Just add 2 more fruits and vegetables today!



Why are fruits and vegetables important?

Fruits and vegetables are:

- ◆ Rich in many vitamins and minerals
- ◆ Low in fat and calories
- ◆ Good sources of fiber



Benefits of eating fruits and vegetables:

- ◆ Provides energy
- ◆ Teaches your family good eating habits
- ◆ Keeps your family healthy
- ◆ They taste great and are easy to eat

