## 5, 4, 3, 2, 1, 0...Brenner FIT - Families In Training <br>  <br> Eat 5 or more servings of fruits and vegetables every day

Fruits 4 vegetables are FUN foods to eat!!! They taste great as a snack or with meals and are important sources of vitamins, minerals and fiber. They lower our risk of high blood pressure, diabetes, and some cancers, and keep us at a healthy weight.

Serving Size:

- 1 medium fruit, $1 / 2$ Cup of small cut up fruit, or $1 / 4$ Cup dried fruit
- $1 / 2$ Cup raw or cooked vegetables, 1 cup raw leafy vegetables


## Eat a rainbow of colors every day (Circle your FIT FIVE)

Red- apples, strawberries, raspberries, cherries, Cranberries, grapes, beets, pink/red grapefruit, red peppers, tomatoes, watermelon, radish, blood oranges, rhubarb.

Orange/Yellow- cantaloupe, carrots, oranges, clementines, mandarin oranges, pineapples, orange/yellow peppers, peaches, pumpkin, apples, apricots, squash, pears, mangoes.

Green- asparagus, apples, green beans, broccoli, spinach, kiwifruit, brussel sprouts, artichokes, kale, collard greens, romaine lettuce, sugar snap peas, green peppers, celery, cucumber, honeydew melon, bok choy, grapes, okra, zucchini.
Blue/Purple/Black- blueberries, eggplant, plums, blackberries, figs, grapes, raisins, dried plums, elderberries, boysenberries.
White/Brown- bananas, jicama, cauliflower, pears, onions, shallots, mushrooms, water chestnuts, garlic, figs, dates.

Tips for eating more fruits and vegetables

- Eat a piece of fruit or a vegetable at every meal-make it a family challenge! Keep track and reward the winner.
- Snack on raw vegetables with dip.
- Try a new fruit or vegetable this week-let your child choose the recipe!

