

## 5, 4, 3, 2, 1, O...Brenner FIT - Families In Training



## Eat 5 or more servings of fruits and vegetables every day

Fruits  $\phi$  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, ½ Cup of small Cut up fruit, or ¼ 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)

<u>**Red</u></u>- apples, strawberries, raspberries, Cherries, Cranberries, grapes, beets, pink/red grapefruit, red peppers, tomatoes, watermelon, radish, blood oranges, rhubarb.</u>** 

<u>Orange/Yellow</u>- Cantaloupe, Carrots, oranges, Clementines, mandarin oranges, pineapples, orange/yellow peppers, peaches, pumpkin, apples, apricots, squash, pears, mangoes.

<u>Green</u>- 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!