

## 5 A Day: Ready, Set, Go



What is a serving size?

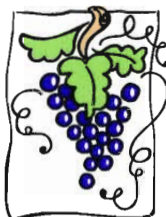
- ◆ ¼ cup dried fruit
- ◆ ¾ cup 100% fruit juice
- ◆ ½ cup raw or cooked vegetables
- ◆ 1 medium fruit, or ½ cup of cut up fruit
- ◆ 1 cup raw leafy vegetables (lettuce, spinach)



### 5 A DAY – 5 Minutes Away

What could be faster than:

- ◆ Carrot sticks
- ◆ A banana
- ◆ Grapes
- ◆ Cherry tomatoes
- ◆ A box of raisins



### Eating Out the 5 A Day Way

- ◆ Order orange juice at the fast food restaurant instead of a soda.
- ◆ Ask for double vegetables and skip the chips or fries.
- ◆ Look for stores that have salad bars with fresh vegetables and fruits.
- ◆ Have a side salad instead of fries.
- ◆ Ask for extra tomato and lettuce on your sandwich



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