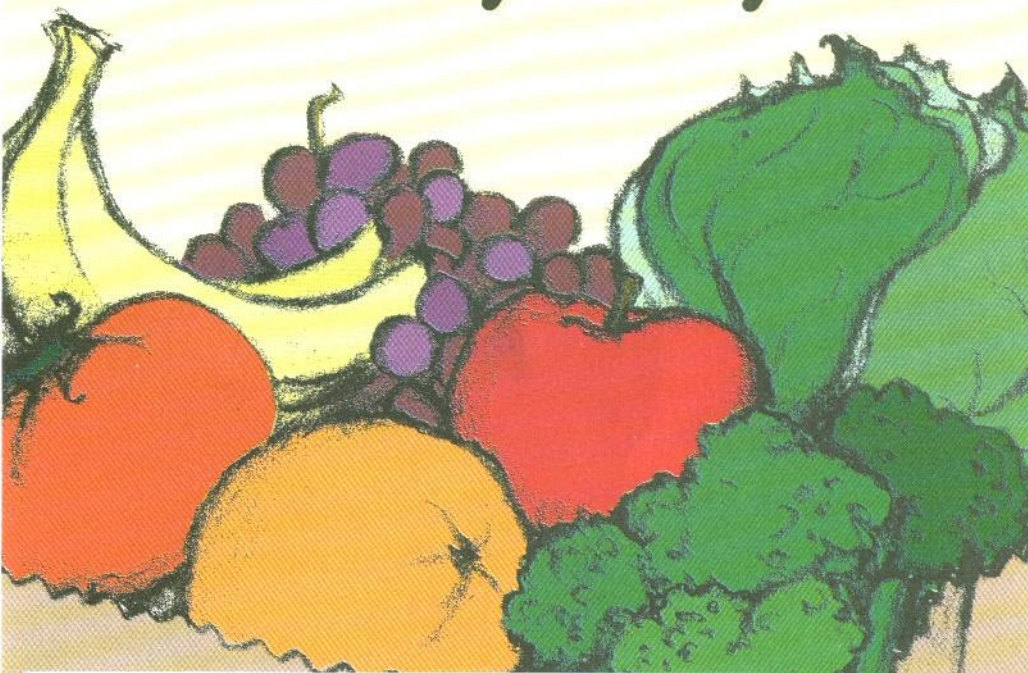


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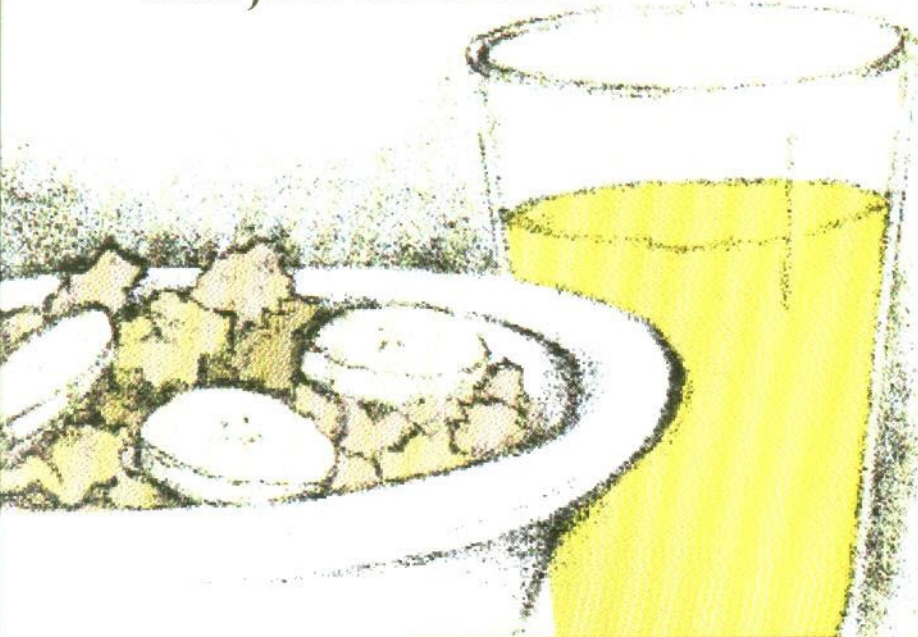
# Eat **5** Fruits and Vegetables Every Day.



Resource Id # 5616

Eat 5 Fruits and Vegetables Every Day

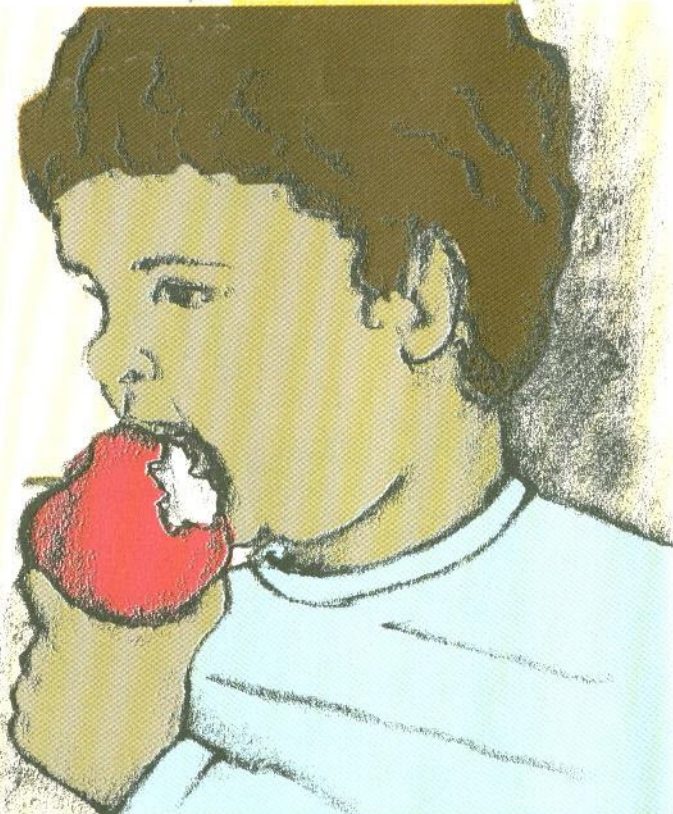
1. Eat fruit and drink 100 percent fruit juice for breakfast.



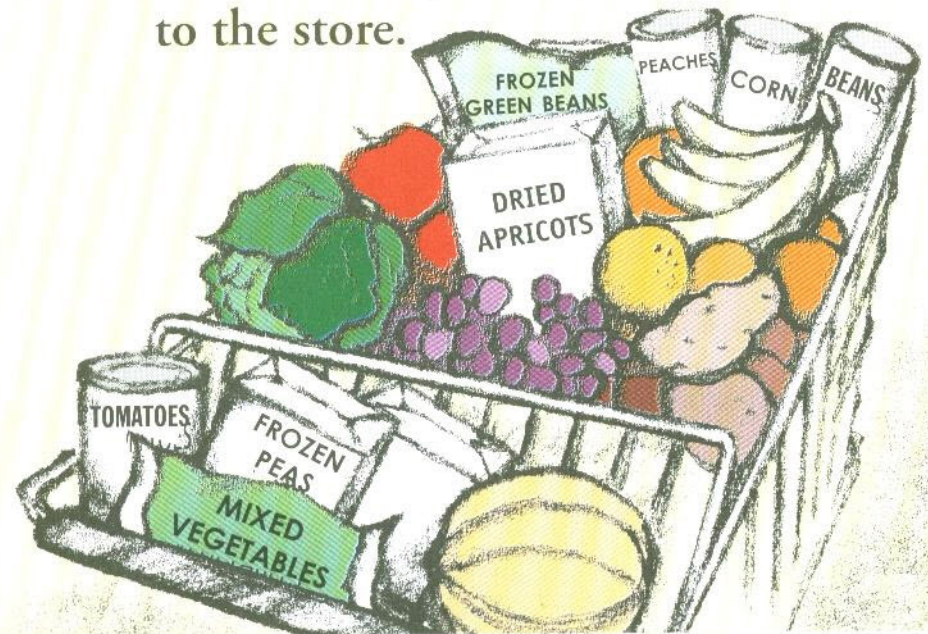
Eat **5** or more servings of fruits and vegetables each day.

Here's How

2. Eat fruit and vegetables as a snack.



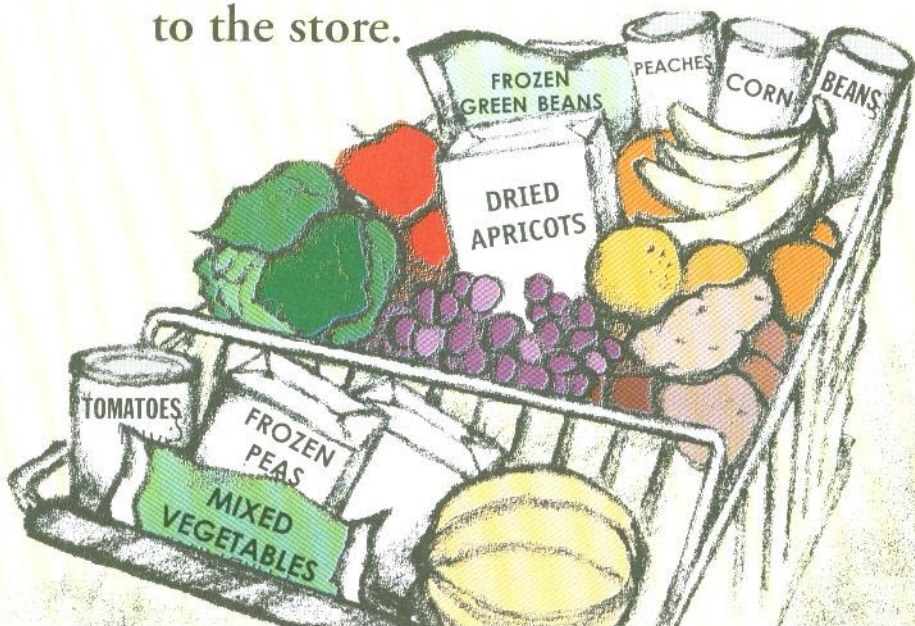
3. Buy fresh, frozen, canned and dried fruits and vegetables when you go to the store.



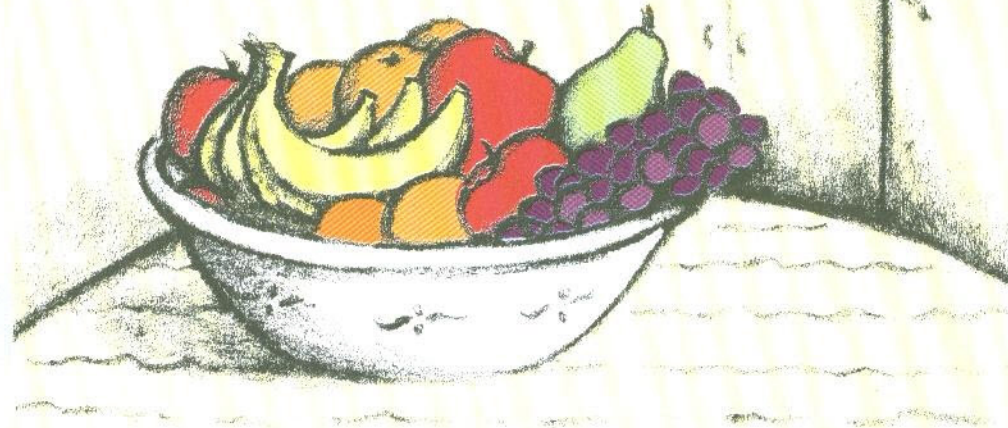
# Eat **5** or more servings of fruits and vegetables each day.

Here's How...

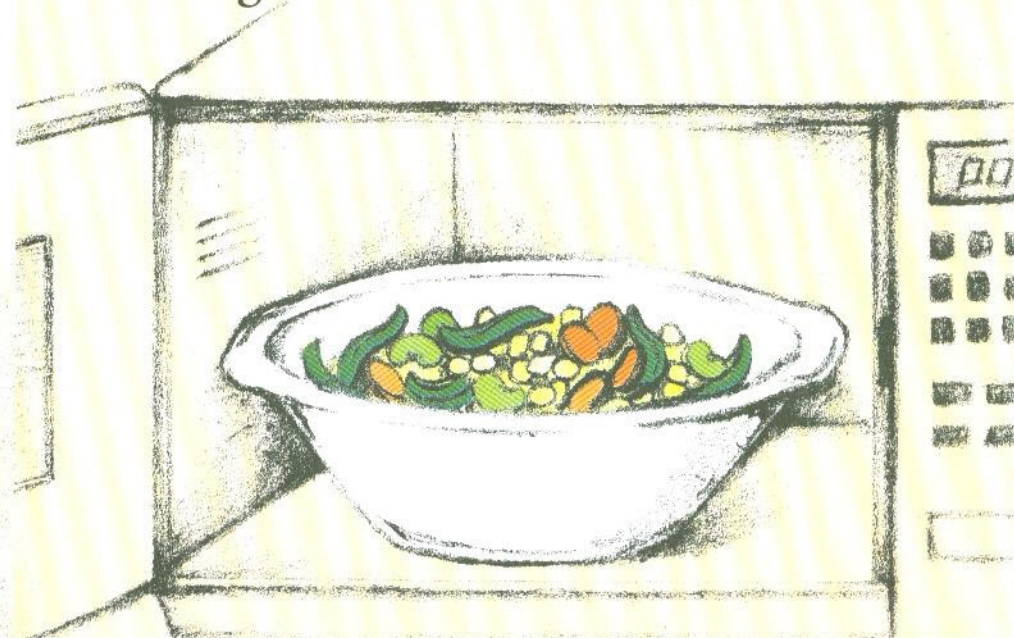
- 3.** Buy fresh, frozen, canned and dried fruits and vegetables when you go to the store.



- 4.** Put fruits and vegetables in easy reach where you will see them.

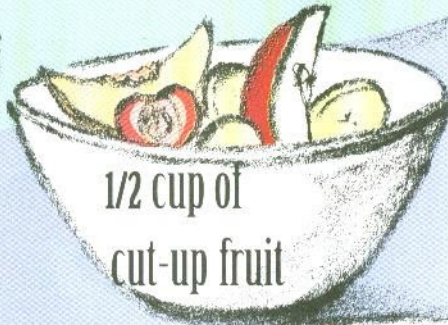


- 5.** Steam or microwave fruits and vegetables for five minutes.



# What's a Serving?

6 ounces  
of fruit  
juice

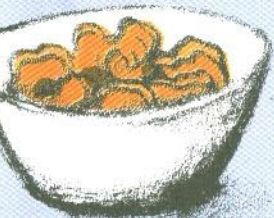


1/2 cup of  
cut-up fruit

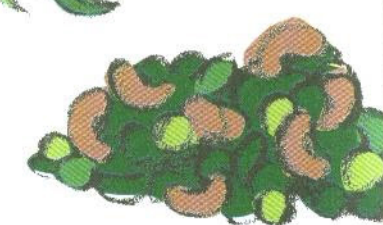
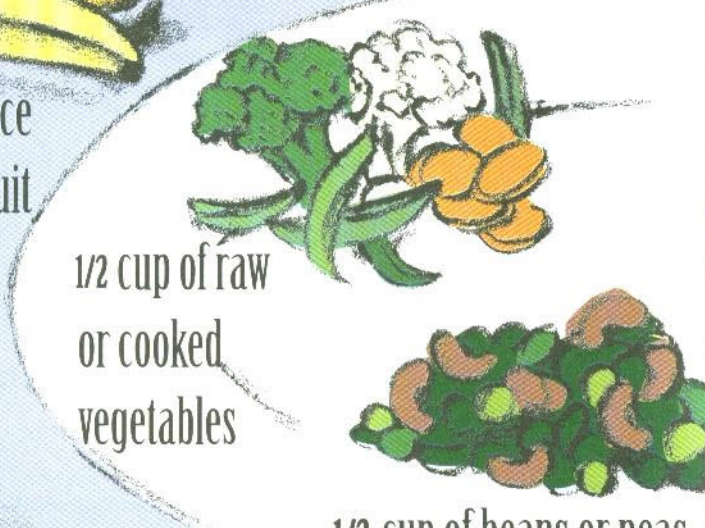


1 piece  
of fruit

1/4 cup of  
dried fruits



1/2 cup of raw  
or cooked  
vegetables



1/2 cup of beans or peas



1 cup of leafy  
greens

# The 5 a Day for Better Health Program

The 5 a Day for Better Health Program is a nationwide nutrition campaign to encourage Americans to eat 5 or more servings of fruits and vegetables each day for better health. The program is sponsored by the National Cancer Institute and the Produce for Better Health Foundation, a nonprofit organization representing the fruit and vegetable industry.



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