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March Challenge

5-9 a Day: Fruits & Veggies!

5-9 a Day

POWER PACK YOUR DAY

Here are some easy ways to fill your day with fruits and vegetables as part of a healthy diet:

- Stir low-fat or fat-free granola into a bowl of low-fat or fat-free yogurt. Top with sliced apples or frozen berries.
- Add vegetables, such as diced tomatoes and onions, to your egg or egg white omelet.
- Have some fruit as a mid-morning snack.
- Make fruits and vegetables about half your plate.
- Munch on raw vegetables with a healthy low-fat or fat-free dip.
- Put grapes and banana slices on wooden skewers and freeze for "fruit on a stick."
- Add frozen vegetables to a casserole or pasta. Try broccoli, peas, and corn.



Fruits & veggies are an important part of a healthy diet. People who eat generous amounts of fruits & vegetables are more likely to have reduced risk of chronic diseases such as

- Stroke
- Type 2 diabetes
- Heart disease and high blood pressure
- Some types of cancer

Fruits & veggies are also lower in calories and higher in fiber than other foods. Eating more fruits & veggies as part of a healthy diet, instead of high fat foods, may make it easier to control your weight.

What's a serving?

EXAMPLES OF 1 CUP

EXAMPLES OF 1/2 CUP



1 large ear of corn



5 broccoli florets



1 large orange



16 grapes

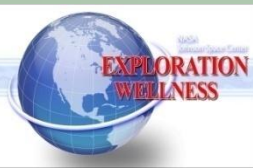


1 large sweet potato



4 large strawberries

Visit www.fruitsandveggiesmatter.gov for more examples.



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Log Sheet



What To Do

1. Print out this page.
Log sheets are also available in the Starport Fitness Center and the cafeteria.
2. Record each cup of fruits or vegetables you eat each day.
3. Log into the Mayo Clinic website. Click on Reward Program and record the date you complete this challenge.



| March 2010 | | | | | | |
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| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 |  | |  |