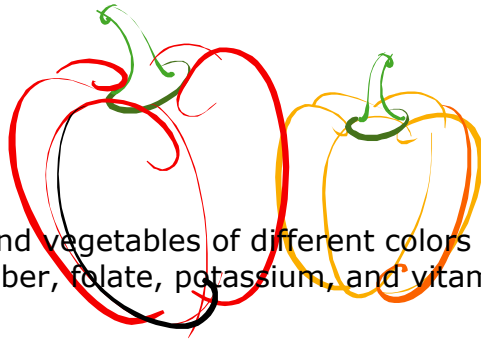


5, 4, 3, 2, 1, 0

Eat at least 5 fruits and vegetables each day.



To get a healthy variety, think color. Eating fruits and vegetables of different colors gives your body a wide range of valuable nutrients, like fiber, folate, potassium, and vitamins A and C.

Fruits and Vegetables on the Go

Busy lives can benefit from food that's nutritious, yet easy to eat on-the-go, like fresh fruits and vegetables. Fruits and vegetables are a natural source of energy and give the body many nutrients you need to keep going.

Fruits and Vegetables and Weight Management

Substituting fruits and vegetables for higher-calorie foods can be part of a weight loss strategy. Try to eat fruit at every meal.

Fruits and vegetables are sources of many vitamins, minerals and other natural substances that may help protect you from chronic diseases.

Eating a balanced diet and making other lifestyle changes are key to maintaining your body's good health.

Fiber

Diets rich in dietary fiber have been shown to have a number of beneficial effects including decreased risk of coronary artery disease. *Excellent vegetable sources include: navy beans, kidney beans, black beans, pinto beans, lima beans, white beans, soybeans, split peas, chick peas, black eyed peas, lentils, and artichokes.*

Folate

Healthful diets with adequate folate may reduce a woman's risk of having a child with a brain or spinal cord defect.

Excellent vegetable sources include: black eyed peas, cooked spinach, great northern beans, asparagus.

Potassium

Diets rich in potassium may help to maintain a healthy blood pressure.

Good fruit and vegetable sources include: sweet potatoes, tomato paste, tomato puree, beet greens, white potatoes, white beans, lima beans, cooked greens, carrot juice, prune juice.

Vitamin A

Vitamin A keeps eyes and skin healthy and helps to protect against infections.

Excellent fruit and vegetable sources include: sweet potatoes, pumpkin, carrots, spinach, turnip greens, mustard greens, kale, collard greens, winter squash, cantaloupe, red peppers, Chinese cabbage.

Vitamin C

Vitamin C helps heal cuts and wounds and keep teeth and gums healthy.

Excellent fruit and vegetable sources include: red and green peppers, kiwi, strawberries, sweet potatoes, kale, cantaloupe, broccoli, pineapple, Brussels sprouts, oranges, mangoes, tomato juice, cauliflower.

Brought to you by the Wayne Co. Child Nutrition and Fitness Coalition. For electronic copies and more information visit www.waynefcfc.org or contact the OSU Extension Office at 330-264-8722.

Source: Centers for Disease Control and Prevention <http://www.cdc.gov/NCCDPHP/dnpa/5ADay/>