

Take Five

A Guide to Healthful Eating





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INTRODUCTION

Why eat 5 servings of fruits and vegetables every day?

Eating fruits and vegetables helps you to look and feel good. Other reasons people give are:

- to lose a few pounds or to keep from gaining extra ones;
- to reduce the risk of getting certain types of cancer or heart disease;
- to avoid constipation and other bowel problems; and
- to set a good example for their children.

It sounds hard to eat 5 servings of fruits and vegetables every day.

Five may sound like a lot. But if you look at the serving sizes in the box, it really isn't that much. Use this booklet's easy ideas and simple steps to help you eat 5 a Day.

How do I use this booklet?

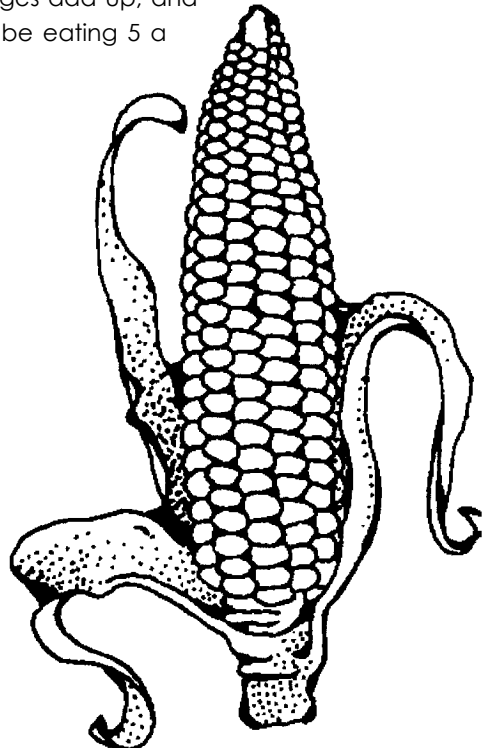
Think of this as your personal guide.

There are sections on each meal, snacks and desserts, quick and easy preparation tips, money-saving ideas, and ways to get the whole household involved. There are even suggestions for keeping your diet low in fat.

Use this book in ways that appeal to you. Browse through the different sections, decide what interests you, and start there. Remember, small changes add up, and you could be eating 5 a Day soon.

A serving is:

- **a medium piece of fruit**
- **1/2 cup of fruit or cooked vegetables**
- **1 cup salad**
- **1/4 cup of dried fruit**
- **6 ounces of juice**



Concerns About Eating More Fruits & Vegetables

Concerns	Solutions
It takes too much time.	<ul style="list-style-type: none"> • Microwave vegetables. • Buy pre-cut fruits and vegetables. • Use canned or frozen items* • Drink 100% fruit juice.
They're too expensive.	<ul style="list-style-type: none"> • Buy only those fruits and vegetables in season. • Shop weekly specials in the produce department. • Buy canned or frozen items.* • Buy dried beans, split peas and lentils. • Use fruits and vegetables to replace some expensive meat and snack items.
My family won't eat them.	<ul style="list-style-type: none"> • Try new recipes (see the recipe section for suggestions). • Serve vegetables raw with a low fat dip. • Ask family members to help make a list of fruits and vegetables they like. Serve those more often.
It gets boring eating the same ones over and over.	<ul style="list-style-type: none"> • Choose from the 100 different fruits and vegetables in the produce section or 50 varieties in the freezer case. • Select canned and dried choices to add variety.*
It's a hassle to buy fruits and vegetables at work.	<ul style="list-style-type: none"> • Bring juice, raisins, or fruit from home. • Look for fruits and vegetables in the cafeteria. • Choose restaurants that serve fruits and vegetables.
They always spoil before I can use them up.	<ul style="list-style-type: none"> • Buy only enough fresh produce to use in 3 or 4 days. • Clean and cut up the produce so it will be ready to use. • Use perishable fruits and vegetables at the week's beginning, and use frozen or canned varieties at the end.* • Store produce (except bananas and potatoes) in produce drawer to stay fresh longer.

* Canned and frozen items can be just as nutritious as fresh. In fact, they keep their nutrients better than fresh produce that has sat for a week.