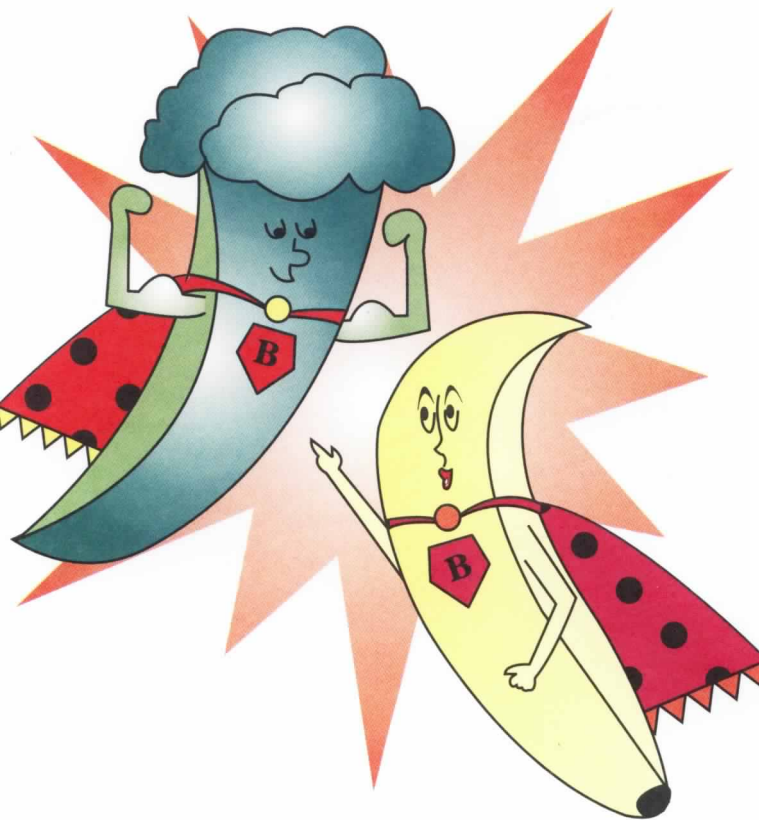


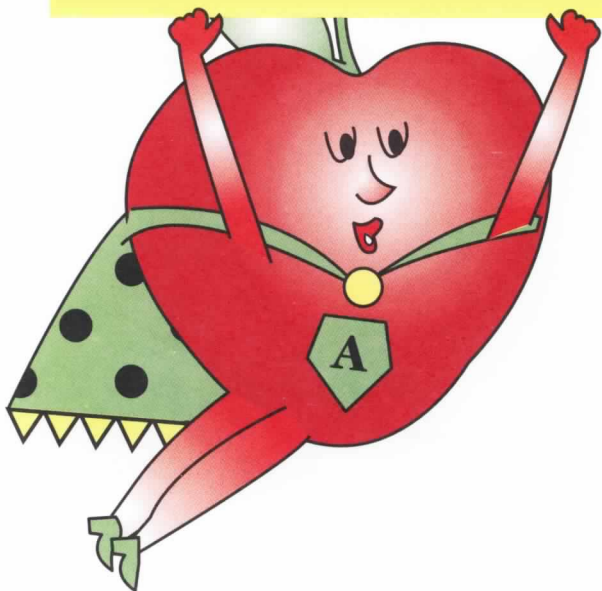
Add POWER To YOUR MEAL

Eat More Fruits and Vegetables



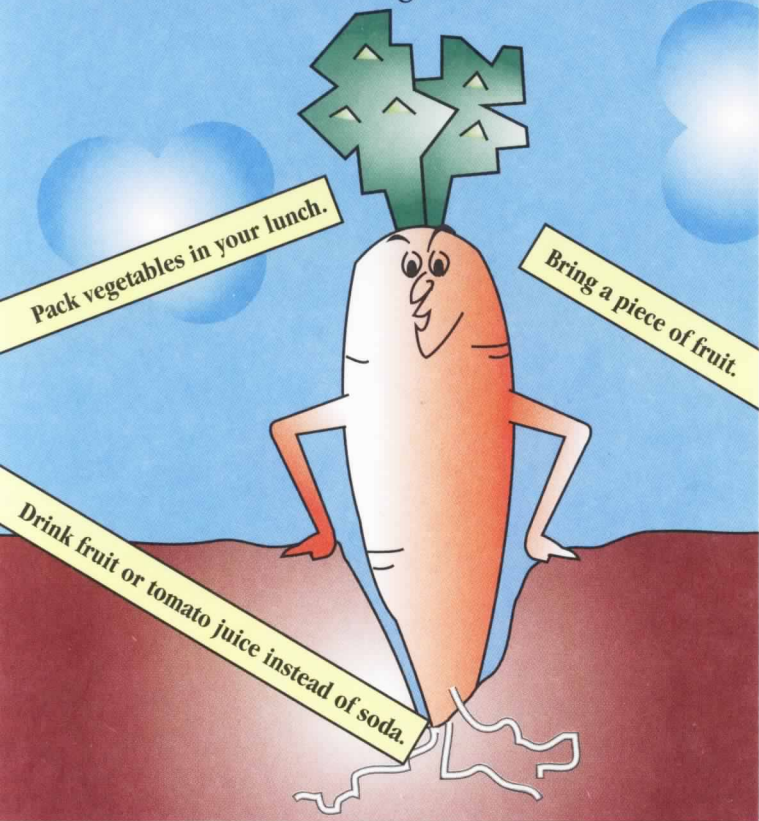
TRY ONE OF THESE IDEAS TO FEEL SUPER

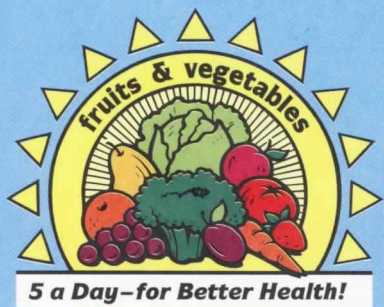
- Have a salad instead of french fries
- Choose fruit for dessert
- Ask for an extra serving of vegetables



DO SOMETHING GROUNDBREAKING

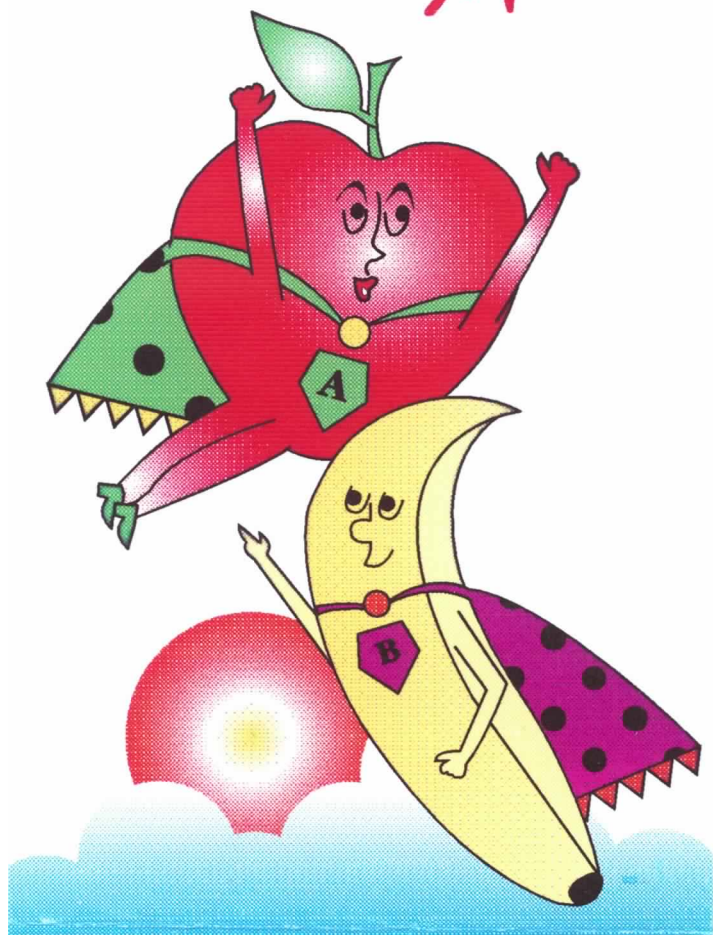
Eat more fruits and vegetables with lunch.





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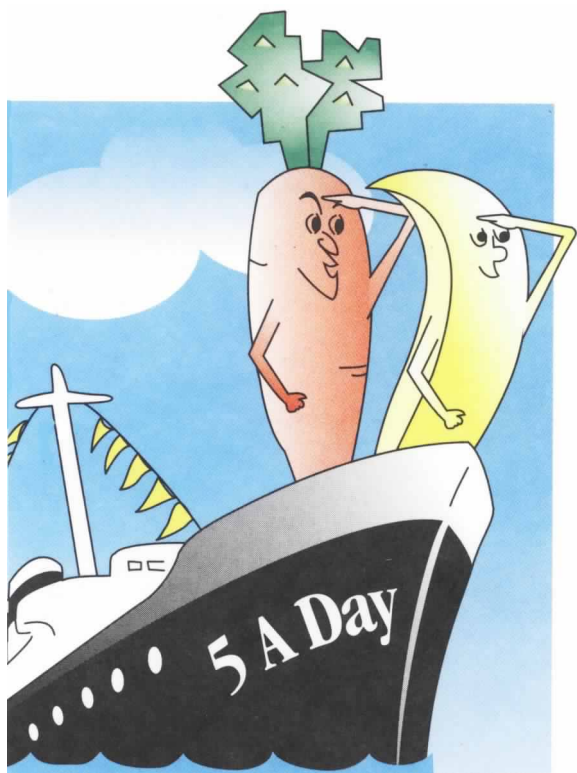
EAT MORE
FRUITS AND VEGETABLES
AND FEEL *Super*





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BE ON THE LOOKOUT



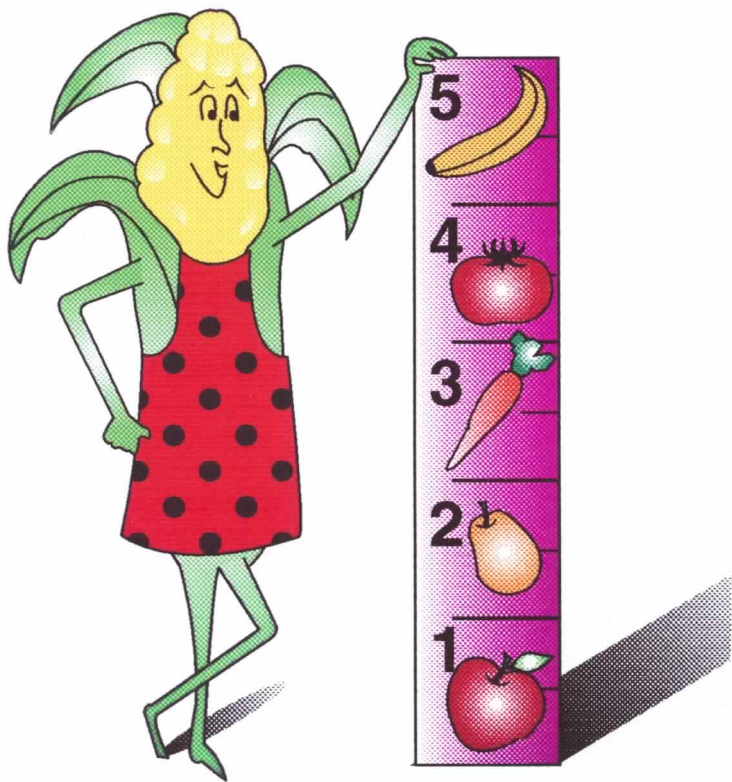


**MARK YOUR CALENDARS FOR THE
5 A DAY KICKOFF**



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HOW DOES YOUR MEAL MEASURE UP?





The National Cancer Institute

recommends eating 5 servings of
fruits and vegetables every day.

A serving is:

- 1 cup salad
- 1/2 cup cooked or canned fruit or vegetable
- 1 medium piece of fruit
- 1/4 cup dried fruit, or
- 6 ounces juice.

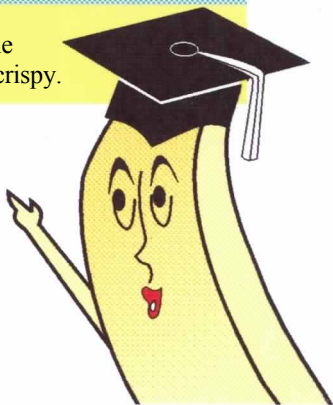
**Are you on your way to
5 a Day?**

WHAT'S YOUR FRUIT & VEGETABLE I.Q.?

TRUE OR FALSE:

1. Potatoes are fattening.
2. A ripe watermelon makes a deep sound when thumped.
3. There are 7000 varieties of apples grown in the United States.
4. A whole walnut dropped in the cooking water with cabbage will decrease the strong odor.
5. Putting a green salad in the freezer will make it extra crispy.

Turn the card around to find the answers.



ANSWERS

1. **FALSE.** One medium-size potato has no more calories than a large apple. It's what you put on it that can make it high in calories.
2. **FALSE.** Color is the best key. A yellowish underside is a good sign of ripeness.
3. **TRUE.** Of these, 13 provide about 90% of the total production.
4. **TRUE.** Milk in the cooking water will have the same effect.
5. **TRUE,** but only leave it there for a few minutes or it will be a little too crispy! Putting the whole head of lettuce in for a few minutes can achieve the same effect.

SCORE

- 5 You're a fruit and vegetable genius!
- 3-4 Your knowledge of fruits and vegetables is astonishing!
- 1-2 Not bad. Pick up more 5-A-Day materials soon!
- 0 You're just getting started. There's a new world of fruits and vegetables waiting for you.

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