



5 a Day - for Better Health!

***Black Churches United
for
Better Health***

INTERVENTION MATERIALS

MONTHLY PACKETS

Each packet provides nutrition fact sheets, bulletin board ideas, suggested activities, bulletin inserts for church bulletins and sample monthly calendars. The gold calendars are for the Nutrition Action Team to use on bulletin boards and the blue calendars are for the Nutrition Action Team to use as reminders of important dates or to record team meetings.

January



5 A Day: A New Beginning for Better Health Nutrition Fact Sheet

Each January brings a sense of excitement and renewed commitment for the year ahead. Often we vow to change our current habits so that we can be healthier. Yet, many times we face obstacles that make those changes difficult to maintain over time. By making a vow to eat 5 a day, we take the first step on a path to better health. Eating more fruits and vegetables, specifically a total of 5 servings of fruits and/or vegetables each day, isn't easy. However, we know it can lead, not only to better health, but to a lower risk of getting certain types of cancers as well. This year begin to make a change that tastes good and is good for you! Enjoy 5 servings of fruits and vegetables each day! It can be a new beginning for better health!

Why is it so difficult for me to change my unhealthy habits to healthy ones, like eating 5 a day?

Our habits are learned over a lifetime, that is why we find them so difficult to change. Even with all the information that tells us we should be eating 5 a day to lower our cancer risk, it can be hard to make the change. Some of us ate many fruits and vegetables as children because people grew and cooked more of their own foods. Fruits and vegetables were fresh and plentiful, yet often the foods were prepared in ways that we now know are not healthy for us. Begin to make the change by starting where you are, whether it be eating no fruits and vegetables each day or four servings. Take each day one at a time and pray for the strength to change those things that you know are not good for you. If you are a parent, start your children out on the right track while they are young. For yourself, remember change takes time and dedication, but with God on your side, all things are possible.

Are there some easy steps I can take to get reach my 5 a day goal?

- ① **Be prepared** by making sure you have fruits and vegetables around the house.
- ② **Make it easy on yourself.** Eating 5 a day doesn't have to involve elaborate recipes and lots of time in the kitchen. It can be as simple as choosing 100% fruit juice instead of soda or picking up a bunch of bananas during your weekly shopping.
- ③ **Try these simple ideas** to meet your 5 a day goal.
 - Cut up a banana in your cereal.
 - Have a glass of juice as your mid-morning snack.
 - Pack a juice box in your lunch, along with a piece of fruit.
 - Keep boxes of raisins in your desk, purse, or car.
 - Microwave some frozen vegetables for dinner.
- ④ **ENJOY!** Getting to 5 can be a challenge, but the benefits can mean a lot for you and your family.

❑ Why are fruits and vegetables so good for us?

Fruits and vegetables are loaded with nutrients and each day researchers are learning more about why fruits and vegetables are so good for us. Fruits can contain Vitamin C, fiber, and many other substances that are important cancer-fighters. Vegetables such as collards and turnip greens provide Vitamin A, Vitamin C, and fiber. The deep orange vegetables such as sweet potatoes, carrots, and squash include these nutrients as well. More and more, eating fruits and vegetables is being viewed critical to our good health. Getting your 5 a day every day is one goal that can lead to a lifetime of good health.

❑ How can I get more flavor in the fruits and vegetables I cook?

Herbs, spices and other flavorings such as onion and garlic can add lots of flavor to your fruits and vegetables. It can be exciting to experiment with a few you may not have tried before. Although spices can be expensive, remember you don't need much so they usually last a while. Another alternative is to grow your own herbs. This can be a convenient and economical way to have fresh herbs to use in cooking. When using herbs and spices, start out with a very small amount because too much can quickly overpower the food. Keep trying until you find the combinations that suit your taste. To begin, choose one herb, spice, or flavoring **from the list below and create** your own combinations as you become more familiar with their taste.

Fruit

Apples
Peaches
Melons
Citrus Fruits

Herb, Spice or Flavoring

Cinnamon, nutmeg, allspice
Cinnamon, nutmeg
Mint, orange juice
Mint

Vegetable

Carrots
Sweet potatoes
Greens
Green Beans

Cabbage
Cucumbers
Tomatoes
Broccoli
Potatoes
Brussel sprouts
Spinach

Herb, Spice or Flavoring

Cinnamon, cloves, nutmeg, rosemary, sage, mint
Cinnamon, nutmeg, ginger
Onion, crushed red pepper, garlic, black pepper
Oregano, garlic, onion powder, dill, thyme, curry powder
Celery seed, garlic, onion, black pepper
Dill, mint
Basil, oregano, garlic
Garlic, oregano, black pepper
Onion, garlic, parsley, sage, paprika, dill
Garlic, oregano
Garlic, onion, black pepper

Have a 5 a Day New Year!

Black-eyed peas are traditionally eaten on New Year's Day, yet these small peas are loaded with fiber, and have no fat. Enjoy them year-round as part of your 5 a day goal.

Hoppin' John I

2 cups dried black-eyed peas
1/2 pound lean ham, chopped
1 quart water
1 cup chopped onion

1/2 teaspoon pepper
1/2 teaspoon hot sauce
2 cups hot cooked rice
1/2 cup chopped green onions



- Bring peas and water to cover to a boil in a large saucepan; cook 2 minutes. Remove from heat; cover and let stand 1 hour. Drain.
- Bring ham and 1 quart water to a boil in saucepan; boil 15 minutes. Add peas; cover, reduce heat, and simmer, stirring occasionally, 45 minutes.
- Add onion, pepper, and hot sauce, and return to a boil. Cover, reduce heat and simmer 15 minutes or until peas are tender. Stir in hot rice and green onions. Yields 8 helpings, 1 cup each.

Calories 246, Fat 3 g, % Calories from Fat 12, Sodium 434 mg

Hoppin' John II

1 large white onion, chopped
4 cloves garlic, minced
1 teaspoon vegetable oil
1 large red pepper, chopped
1 cup black-eyed peas, soaked overnight and drained

1 cup long grain white or brown rice
4 cups water or vegetable broth
cayenne pepper to taste
1/3 cup fresh parsley, minced
1/2 cup diced mozzarella cheese



- In deep skillet, saute the onion and garlic in oil until soft. Stir in the red pepper, black-eyed peas, and rice.
- Pour in water or broth, bring to a boil and simmer over low heat until the rice and beans are cooked (about 45 minutes). If the liquid is not completely absorbed, continue to cook, uncovered until it evaporates.
- Season with cayenne pepper and stir in the parsley and the cheese until well blended. Yield 6 helpings, 1 cup each.

Calories 260, Fat 4g, % Calories from Fat 14, Sodium 70 mg

Black-eyed Peas Salad

2 (16 ounce) cans of black-eyed peas,
rinsed and well-drained
1 medium onion, finely chopped
2 celery stalks, finely chopped
1 small red pepper, seeded and finely chopped

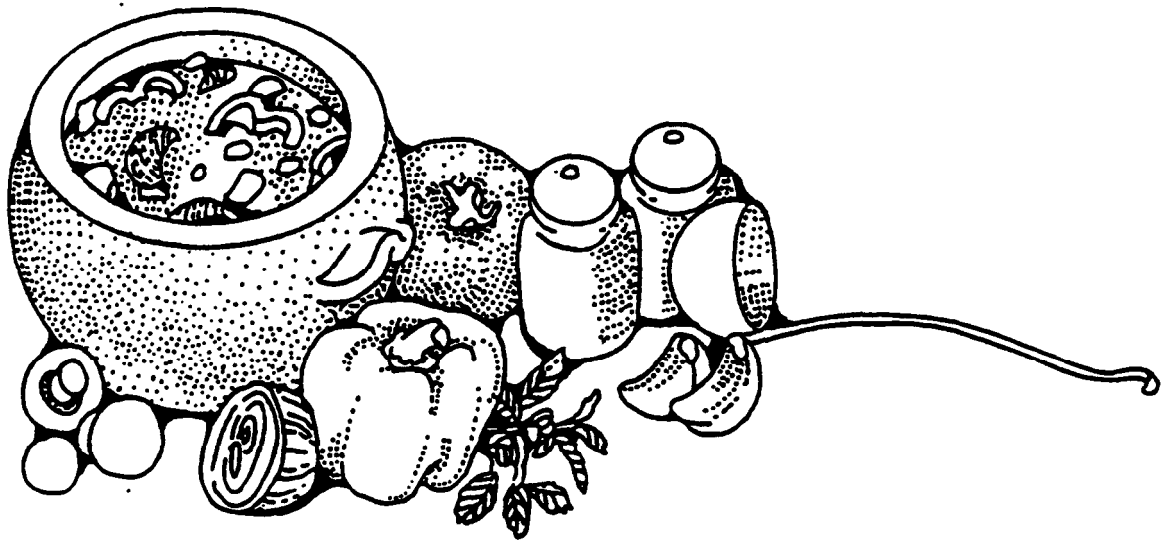
Dressing:

2 tablespoons chopped fresh basil, or 3/4
teaspoon dried basil
1/4 teaspoon salt
2 garlic cloves, crushed
1 teaspoon sugar
3 tablespoons cider vinegar
1/4 teaspoon black pepper
2 tablespoons olive oil

- ① In a medium bowl, mix together peas, onion, celery, and bell pepper.
- ② In a small bowl, mix together, the vinegar, basil, garlic, sugar, salt, and pepper. Add olive oil and mix until dressing is smooth and sugar dissolves.
- ③ Pour dressing over pea mixture. Cover and refrigerate until chilled, at least two hours or overnight.

Yield 12 helpings, 1/2 cup each.

Calories 116, Fat 3g, % Calories from Fat 21,
Sodium 236 mg



January

Bulletin Board Ideas:

Activity Ideas:



5 a Day: A New Beginning for Better Health

Suggested Activities

- For the new year, challenge your church members to modify one of their recipes using the “Making Your Way to 5 a Day” section of the Black Churches United for Better Health cookbook, “A Taste of 5 a Day.” Assist them with the steps and ask each person to bring their “new” recipe for others to taste at a tasting event.
- Hold an “Up Where We Belong” class for your church members who may not have attended a class before or for those who want to refresh themselves about 5 a day.
- Distribute the Nutrition Fact Sheet during a church service or program.
- Distribute the bulletin insert in a Sunday bulletin.
- Begin a new group activity at church that supports and encourages the changes your church members may be trying to accomplish. For example, begin a monthly or bimonthly class or tasting that allows them to try recipes from “A Taste of 5 a Day”, start a walking group for those that may be trying to exercise (Be sure each person checks with their doctor before beginning any exercise.), or organize an annual health fair with information about cancer. You may want to invite your local health department and Cooperative Extension agent.

Bulletin Board Ideas

- Ask church members to write down a new health commitment they are going to make for the new year that they are willing to share with others. Post all the commitments on the bulletin board, along with the words “A New Beginning for Better Health.” This may help others see which members are trying to make a similar commitment and they can support each other as they change.
- On a bulletin board, create a list of your church’s or your church members 5 a day accomplishments this past year. Highlight church members who have increased their servings of fruits and vegetables to 5 or more each day and any church activities that included 5 a day. You may want to use pictures, if you have them. Use the title “Our 5 a Day Accomplishments.”

5 a day for the New Year

Check out your copy of "A Taste of 5 a Day"
for these recipes for a 5 a day new year.

Baked Fish
Oven Fried Chicken
Sweet Potato Salad
Collards Supreme
Old Fashioned Collard Greens
Country Style Mustard Greens
Gloria's Mixed Green
Texas Cole Slaw
C and C Corn Muffins
Banana Split Cake
Punch Bowl Cake
Apple Crisp
Light Apple Cobbler
Instant Banana Pudding



How do we use the knowledge we have?

Our lives are filled with choices to make,
decisions that affect each move that we take.
Each year in January, folks say they will change,
they will commit to good habits, but often end up the
same.

Knowledge is power, that is a fact.
Let this year be different. Make the choice to act.
This new year, make a change with which you can
live. Eating 5 a day for Him, a gift you can give.

We know the foods we eat can lead to good health,
and if we have that, it's better than wealth.
To lower your cancer risk, put your knowledge to use.
Eat 5 a day of vegetables and fruits.

It won't be easy, prayer will keep you strong,
but it will be a blessing you can live with your whole
life long.

**5 a day: A New Beginning for Better
Health**



January



1997

1997

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>This month, the beginning of a new year, usually brings a renewed sense of commitment to our health. Eating 5 servings of fruits and vegetables each day can be your first step on the road to better health. Challenge yourself to eat 5 a day; it can be a new beginning for better health!!</p>			1 New Year's Day	2	3	4 Let your child help prepare dinner.
5	6	7	8 Microwave frozen vegetables for dinner.	9	10	11
12 Try a recipe from "A Taste of 5 a Day."	13	14	15	16	17 Put 100% juice in your child's lunch.	18
19	20 Martin Luther King, Jr. Day	21	22	23	24	25
26 Make a pot of vegetable soup to celebrate National Soup Month.	27	28	29	30	31	

5 a Day:

A New

Beginning
for Better

Health

Our 5 a

Day

Accomplish

ments



FEBRUARY

Nutrition Fact Sheet

Keep the Pride and Stay with 5

Black History Month

During February, we are especially encouraged to think about our African heritage and its influence on the food we eat today. The African diet mostly consisted of whole grains, fruits and vegetables. It wasn't until Africans were transported to America that the basic diet consisted largely of corn and fatback or bacon. Slaves introduced a number of African staples (blackeyed peas, okra, and yams) to their diets. They adapted their West African cooking methods to whatever food they had. As African Americans we should be proud of our ancestors' strength, creativity, and ability to adapt to very difficult circumstances. Today we have a choice! Keep the pride of our heritage and eat at least five servings of fruits and vegetables a day.

► **Why is variety important?**

Eating a variety of foods is important because each type of food is good for you for different reasons. Breads, grains, and cereal are a great form of energy. Fruits and vegetables are rich in vitamins, minerals, fiber, and other special compounds which help you stay healthy and help your body prevent diseases like cancer and heart disease. Meats, milk and cheese help your muscles and bones stay strong. Fats, oils, and sweets should be eaten small quantities. Fat is a necessary part of our diet, but is only needed in small amounts. Eating a combination of foods helps you make sure your body is getting enough of each of the benefits the different food groups provide. If a person only ate fruits and vegetables, it would be very difficult for that person to get all the nutrients necessary to stay healthy.

► **Why is the Food Guide Pyramid a pyramid?**

The food guide pyramid is wide at the bottom and narrow at the top. This shape is used to show that for a healthy diet people should eat the most from the food groups found at the bottom of the pyramid and the least from the food groups found at the top of the pyramid.

► **Why is it important to prepare fruits and vegetables healthily?**

Fruits and vegetables are naturally low in calories and fat. However, some people have a habit of adding butter, oil, margarine, and fatback to fruits and vegetables like beans and greens. When fat is added to fruits and vegetables they are not only higher in fat, but they also are higher in calories. A diet high in fat has been linked to an increased risk of cancer.

Did you know?

* In 1986, the National Cancer Institute estimated that about 35% of all cancer deaths are associated with the typical American diet which is high in fat and calories, and low in fiber, fruits, and vegetables.

5 a Day Challenge

* Submit a recipe for the Black Churches United for Better Health cookbook... team up with a friend and enter recipes together.

February

Bulletin Board Ideas:

Activity Ideas:



Keep the Pride and Stay with 5

Suggested Activities:

The following are activities you may want to do to celebrate Black History month while teaching your church family about the importance of eating a healthy balanced diet.

- ▶ Distribute Nutrition Fact Sheet during Black History Programs (or other appropriate times). You may choose to read the first paragraph aloud to encourage members to eat 5 a Day for Better Health!
- ▶ For Valentine's Day, a day of love, encourage church members to give their loved ones a basket of fruit instead of chocolate candies... Roses might be nice also!
- ▶ Distribute "Keep the Pride and Stay with Five" bulletin insert in a Sunday church bulletin and have a NAT member make the following remarks during church announcements/remarks (or any other appropriate times):

"As you know our church has been involved in the 5 a Day for Better Health Program. This month, we will focus on the importance of eating a balanced meal. Our theme for the month is "Keep the Pride and Stay with Five." Please locate the insert in your church bulletin (read insert)."

Note: If developed, encourage church members to observe bulletin boards and displays.

- ▶ Distribute grocery store bulletin insert.

Keep the Pride -- Stay with Five



1. What is a fruit that our West African ancestors ate that's popular in our culture today?

- A. Apples
- B. Bananas
- C. Pineapple

2. Which bean was brought to America by our ancestors?

- A. Lima Beans
- B. Navy Beans
- C. Great Northern Beans

3. Food is a reflection of our culture, for African Americans it is more than physical nourishment.

- A. True
- B. False

4. The green in the African flag is a symbol of:

- A. Life
- B. Money
- C. Heritage

5. Soul food cooking originated in West Africa, not in the Southern States of America.

- A. True
- B. False

6. An African food brought to this country is:

- A. Eggs
- B. Pumpkin
- C. Steak

7. Which green vegetable was eaten by West Africans?

- A. Kale
- B. Cabbage
- C. String Beans

Answers:

- 1. C 4. A 7. B
- 2. A 5. A
- 3. A 6. B



Keep the Pride and Stay with 5

The following are suggestions for possible bulletin boards or displays to help your church family celebrate Black History Month while learning about eating a healthy balanced diet. You may want to use one of these ideas or design your own.

- ▶ Decorate the bulletin board in African colors (red, black, green, and yellow). You may want to have one border for each of these colors or use one of the colors for a background and use the remaining colors in the border. Using felt or stenciled letters post the theme "Keep the Pride - Stay with Five!" across the top of the bulletin board. Cut out pictures of a variety of fruits and vegetables that were brought to America by our West African ancestors and place them decoratively on the bulletin board (see list below for suggestions). Magazines are good places to get colorful pictures. You may also want to make a pouch where you make the Nutrition Fact Sheet available to your church members.

Fruits and Vegetables brought to America by our West African ancestors:

okra	kidney beans	cabbage
yams	lima beans	lemon
eggplant	pumpkin	pineapple
watermelon	blackeyed peas	

Popular West African seasonings:

tomatoes	hot peppers	onions
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- ▶ Using the bulletin board decorated in African colors, another idea may be to display pictures of your church members who have gardens or farms growing a variety of fruits and vegetables. This bulletin board would emphasize the importance of variety in ones' diet. To do this, place a large picture of a Food Guide Pyramid (poster enclosed) in the middle of the board. If your church has a Victory garden that you take pride in you may want to use pictures of people working in it and reaping some of the goods from it. Again, in felt or stenciled letters place the heading "Keep the Pride -- Stay with Five" across the top of the bulletin board.

- ▶ For a display use construction paper of African American colors to make a background on the display board. Across the top of the board used the enclosed banner “Keep the Pride - Stay with Five”. Then using the Nutrition Fact Sheet and the list provided as a reference, create a display of some of the West African fruits and vegetables that we eat in America today.

On white note cards write out the black history trivia questions provided. On the three sections of the display board decoratively post the questions. For example, around question 1, you may want to have pictures of the fruits mentioned in the answer choices. Do this for all of the questions provided. Attached to the display board, you may wish to provide the handout labelled “Black History Trivia” where the answers are shown.

You may wish to have someone stand by the table and give a piece of fruit to everyone who tries to answer the questions. Another option would be to have members fill out an answer form and drop it in a shoebox on the table. You may wish to give a small prize to everyone who answers the questions or a larger prize to one person whose name you draw from the shoebox.



Keep the PRIDE and Stay with 5

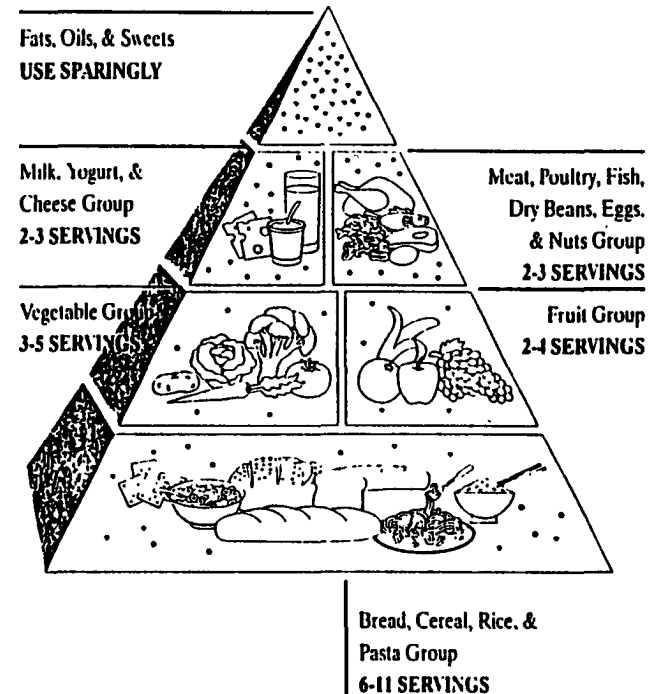
Fruits and vegetables are part of a healthy, balanced diet. By looking at the Food Guide Pyramid, we can tell that variety in our diets is very important. A variety of fruits and vegetables offers different nutrients that we need for good health.

The pyramids that were built by our ancestors point toward the heavens and can symbolize strength and balance. Remember, a pyramid is similar to a house in that a strong foundation is very important. Therefore, one should eat more foods from the bottom of the pyramid and less foods from the top.

For Black History Month and every month, let's keep the pride and embrace the strength of our ancestors by eating a balanced diet. Like the pyramid, let us look to the heavens and keep our foundation In God. Let us remain strong in body, mind and soul!



The Food Guide Pyramid



Eating a variety of foods is important for our health. Like the pyramid, try to make the base of your diet from the foods at the base of the pyramid like fruits, vegetables, rice, cereal, and pasta.



Support your Local Supermarket!

As we get further into winter and fresh fruits and vegetables become less available it is easy for us to leave them out of our diets. January can be a tough month to find fresh produce so use your supermarket as your fruit and vegetable resource.

Beyond, cabbage, white potatoes, sweet potatoes, and winter squash which are readily available in winter, supermarkets offer a wide variety of fruits and vegetables -- all year long! There are plenty of fruits and vegetables tucked away in the frozen and canned goods section! Just remember the quick nutrition tips on the back of this page when making your choices!



Did you know that, next to fresh fruits and vegetables, frozen foods are the next best option?

When buying frozen fruits and vegetables, make sure you buy them without added sauces, like cheese or alfredo sauce. Sauces add salt, fat, and calories!

Canned fruits are delicious! For the healthiest choice- choose fruits packed in its own juice! Usually the can will be marked-- "no sugar added"

Fruit or vegetable juice is another choice available all year long! Make sure the can or bottle you buy says "100% juice"

Canned vegetables are healthy, too. Drain or rinse them under water to help reduce the amount of sodium!

MARCH



Keep your Eyes on the Prize - Strive for Five! Nutrition Fact Sheet

National Nutrition Month

As Christians we strive for the prize of serving as Christ's disciples. One way we can do this is to do our best to maintain good health. March, as National Nutrition Month, reminds us that a diet is healthiest when we eat many different kinds of foods including a variety of fruits and vegetables. Because variety is important it is helpful to be able to identify the serving size for many different kinds of fruits and vegetables. The goal for March is for all Black Churches United for Better Health participants to be able to identify the serving size of commonly eaten fruits and vegetables. Keep your eyes on the prize - Strive for Five!

➤ **Is serving size important?**

Knowing how much of a fruit or vegetable is in one serving is important in order to set a standard for how many fruits and vegetables you should try to eat in one day. For example, Sharon and Tomeka both reported eating one serving of vegetable at supper. However, Sharon thinks a serving is whatever she puts on her plate which is usually about 2 cups of greens. Tomeka, on the other hand, thinks of a serving as how much one serving spoon will put on her plate which is usually about 1/4 cup of greens. If we are trying to tell Sharon and Tomeka how many more fruits and vegetables to eat, we would not know that Sharon really ate four servings of vegetable at supper while Tomeka only ate 1/2 of a serving of vegetable!

➤ **Can you eat too many fruits and vegetables?**

Although it is very important to eat at least five servings of fruits and vegetables a day, a person should also try to eat a balanced diet. This can be done by following the food guide pyramid. The food guide pyramid recommends Americans eat between five and nine servings of fruits and vegetables a day. Although more than nine servings may not be dangerous to one's health, a person eating more than this many fruits and vegetables may find it difficult to eat the minimum recommended servings in the other nutritious food groups such as grains, protein, and dairy products.

Did You Know?

- * Studies show that less than 1 out of every 10 Americans eat at least five fruits and vegetables a day.

5 a Day Challenge

- * Be a role model! Set a goal for yourself to eat at least two servings of fruits or vegetables at church functions so your church members will see how easy it can be!

March

Bulletin Board Ideas:

Activity Ideas:

**Keep Your
Eyes on
the Prize-**

Strive for

Five!

**Keep Your
Eyes on the
Prize- Strive
for Five!**



Keep Your Eyes on the Prize - Strive for Five!

The following are suggestions for bulletin boards or display ideas you may want to make to teach your church family about serving sizes. You may want to use one of these ideas or design your own.

- A. Using stenciled or felt letters post the heading “Keep Your Eyes on the Prize--Strive for Five” as the title for the bulletin board. Then, using the information below for a reference, use stencils or felt to post the serving sizes for fruits and vegetables. As decorations around the “serving size definitions,” pin up plastic measuring cups and pictures of a variety of fruits and vegetables.

How Much is in a Serving?

Fruit

1/2 cup raw fruit

1/2 cup cooked fruit

1/4 cup dried fruit

6 oz. (3/4 cup) fruit juice

1 medium piece of fruit

Vegetable

1/2 cup raw vegetable

1/2 cup cooked vegetable

1 cup raw leafy greens

6 oz. (3/4 cup) vegetable

juice

1/2 cup dry beans, cooked

As a display, use the banner provided to post the theme “Keep Your Eyes on the Prize- Strive for Five.” Then divide the board into three sections, one each for raw/cooked fruits, raw/cooked vegetables, and beverages.

On the section for beverages, pin up three different sizes of paper cups labeled A, B, and C. An 8-ounce cup, a 12-ounce cup and a 16-ounce cup would be good choices. Then on a white note card, mount the question,

1. “Which cup would you use for one serving of fruit or vegetable juice?”

Decorate the ‘beverage section’ with labels you have removed from 100% juice bottles, like Lucky Leaf, Juicy Juice, and V-8.

On the section for fruits, cut out pictures of a variety of fruits and post them. Post a picture of a half of an apple, a whole apple, and two apples together. On a white note card, ask the question:

1. “Which apple serving would provide you one serving of fruit?”

Also, in the fruit section, measure out 3 different serving sizes of raisins into plastic clear baggies. In one bag put 1/4 cup of raisins, in another bag 1/2 cup and in the third bag 1 cup of raisins. Pin the baggies to the display in a manner in which the raisins are easily seen. On a white note card, post the question:

1. “Which baggie of raisins would you need to eat for one serving of raisins?”

On the section for vegetables, post pictures of commonly eaten vegetables, like beans, greens and carrots. You may also want to use the plastic bag or label that vegetables some wrapped in. Post three different sizes of plastic measuring cups: 1/4 cup, 1/2 cup and 1 cup. You may want to pin a paper plate to the display as well. Then, on white note cards post the questions:

1. “Which measuring cup would you use for one serving of raw salad greens?”
2. “Which measuring cup would you use for one serving of cooked greens?”
3. “Which measuring cup would you use for one serving of chopped raw carrots?”



Keep Your Eyes on the Prize- Strive for Five!

The following are activities you may want to use to help teach your church family about serving size.

- ▶ In your “Cookin' with Pizzazz” class, have everyone measure each food item before it goes on his/her plate.
- ▶ Distribute Nutrition Fact Sheet during a church program or service. You may choose to read the first paragraph, encouraging members to know their serving size!
- ▶ Serve fresh fruits and/or vegetables and 100% juice during or following bible study or other church meetings.
- ▶ Distribute one of the bulletin inserts in a church Sunday bulletin and have a NAT member make the following remarks during church announcements/remarks (or any other appropriate time):

1. Use this with serving size bulletin insert: “Our 5 a Day theme for March is “Keep Your Eyes on the Prize- Strive for Five”. Please locate the insert in your church bulletin (read insert)”.

Note: if developed, encourage church members to observe bulletin board and displays.

2. Use this with food diary insert: “Our 5 a Day theme for March is “Keep Your Eyes on the Prize - Strive for Five”. Please locate the insert in your church bulletin. Our NAT encourages you to keep a food diary for one week to see how well you are doing with trying to eat a combination of 5 fruits and vegetables a day. Remember- Strive for Five!”

Note: If developed encourage church members to observe bulletin board and displays.

THE COOKBOOKS ARE HERE!

A TASTE OF 5 A DAY



We are pleased to announce the release of
the Black Churches United For Better
Health Cookbook, called

A TASTE OF 5 A DAY

This beautiful cookbook contains 148
5 a Day recipes - - from appetizers and bev-
erages to main dishes and desserts. It
also features useful health and cooking
information and an account of the
history of this 5 a Day project.

Be sure your family gets your copy
of "A Taste of 5 a Day!"

To get your copy,



Keep your Eyes on the Prize- Strive for Five!

How Much is in a Serving?

Fruit

- 1/2 cup raw fruit
- 1/2 cup cooked fruit
- 1/4 cup dried fruit
- 6 oz. (3/4 cup) fruit juice
- 1 medium piece of fruit

Vegetable

- 1/2 cup raw vegetable
- 1/2 cup cooked vegetable
- 1 cup raw leafy greens
- 6 oz. (3/4 cup) vegetable juice

It is important to know how much is in a serving so you can see if you are eating 5 a Day for Better Health. Record what you are eating and drinking for one week. Remember...

Strive for Five!



Food Diary

	Breakfast	Lunch	Dinner	Snacks
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				
Total Servings of Fruits and Vegetables				



Keep Your Eyes on the Prize- Strive for Five!

Get the Prize - Know Your Serving Size

Here's a little something we all need to know,
Even as adults, we must continue to grow.

Spiritually, mentally, physically too,
So know the serving size that's right for you.

We should know how much we're taking in, it's really quite that simple,
We must make sure we take good care of the body that's God's temple.

if you eat a larger serving, it's really not that odd,
And by getting in a-plenty, you may be a stronger soldier for God.

But then again if it's too small we may have to lament,
For in this practice we may lose many nutrients.

So do not fret and don't forget,
Keep your eyes on the prize and strive for five!



Serving Size Trivia

How many servings is:

- a) 1 Banana
- b) 1/2 cup of Corn
- c) 1 cup chopped Tomato
- d) 1/4 cup of Grapes
- e) 3 Apples
- f) 2 Tablespoons of Apple sauce
- g) 12 oz. 100% Orange Juice
- h) 1 cup of String Beans
- i) 1/2 cup Baked Beans

Answers:

- a) 1 b) 1 c) 2 d) 1/2
- e) 3 f) 1/4 g) 2 h) 2 i) 1



March



1996

1996

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>As Christians, we strive for the prize of serving as Christ's disciples. We can do this best if we are in good health. One way we try to stay in maintain good health is to eat a balanced diet with plenty of fruits and vegetables --at least five servings a day! because we also know variety is important it is helpful to know the serving size for many different fruits and vegetables! We are probably eating more fruits and vegetables than we think! This month, National Nutrition Month, challenge your church family to keep their eyes on the ultimate prize-- and to eat plenty of servings of fruits and vegetables along the way! Keep Your Eyes on the Prize and Strive for Five!</p>					1	2
3	4	5	6	7	8	9
10	11 <i>Encourage your church family to become Master food Preservers!</i>	12	13	14	15 <i>Is your February progress report turned in yet?</i>	16
17	18	19	20	21	22	23
24	25	26	27	28	29 <i>Make sure you turned in your February progress report!</i>	30
31						

Keep Your Eyes on the Prize and Strive for Five!

1996



March



1996

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>As Christians we strive for the prize of serving as Christ's disciples. We can do this best if we are in good health. One way to help our bodies stay healthy is to eat a balanced diet with plenty of fruits and vegetables! Because we know variety is important it is helpful to know the serving size for many different fruits and vegetables! We are probably eating more fruits and vegetables than we think! Take Cooperative Extension's Master food Preserver class and learn how to can and freeze!! March is National Nutrition Month. Make it a goal this month that while keeping your eyes on the ultimate prize eat at least five servings of fruits and vegetables a day! Keep Your Eyes on the Prize and Strive for Five!</p>					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15 Check to see if your church is having a recipe contest. If so, submit your recipe!	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Keep Your Eyes on the Prize and Strive for Five!

April

Nutrition Fact Sheet

Knowledge is Power!



Cancer Awareness Month

Knowing things we might do in order to help prevent cancer gives us power to do our best to maintain good health. One way we can gain knowledge about cancer and its prevention is to ask questions. The people who answer the phones when we dial 1-800-4-CANCER can provide the answer or a place to get an answer to our questions. The goal for April, Cancer Awareness Month, is for all Black Churches United for Better Health participants to be able to identify 1-800-4-CANCER as a number available to learn about cancer and its prevention. Remember-knowledge is Power!

➤ **How do fruits and vegetables help prevent cancer?**

Fruits and vegetables contain vitamin A, vitamin C, and fiber and some are also what we call cruciferous vegetables. Research studies have shown that vitamins and fiber may help reduce the risk of getting cancer.

➤ **How does the fiber in fruits and vegetables help prevent cancer?**

Fiber is found in fruits and vegetables and can help us to prevent disease. Fiber helps prevent cancer in two ways. First, fiber adds bulk to our stools. Cancer causing agents get mixed in with this bulk and as a result are less likely to touch the intestinal walls to cause cancer. The second way fiber helps prevent disease is by increasing the speed at which waste travels through your intestine. This keeps possible cancer causing agents from staying in our intestines too long.

➤ **What are cruciferous vegetables?**

Cruciferous vegetables (also known as the cabbage family vegetables) are called cruciferous because when the plants are growing their blossoms are shaped like a cross. Some examples of cruciferous vegetables are cauliflower, broccoli, mustard greens, and collards. Cruciferous vegetables are good sources of Vitamin A, Vitamin C, and fiber!

➤ **What does vitamin A do?**

Vitamin A helps the body maintain healthy skin, strong bones, and good vision. It is an antioxidant which is found in foods which helps to prevent cancer and heart disease. The best sources of most Vitamin A are dark-green leafy vegetables and yellow orange fruits and vegetables such as peaches, winter squash, and spinach.

April

Bulletin Board Ideas:

Activity Ideas:



Knowledge Is Power!

1-800-4-CANCER

Suggested Activities

- Develop a skit/role-play portraying a person who wants to learn more about what s/he can do to help prevent cancer. By dialing 1-800-4-CANCER, the person finds out information that alleviates his/her fears and prompts him/her to seek out more information. As a result, others look to him/her for information and he/she shares the 1-800-4-CANCER number with others. You may want to refer to the skit in "Up Where We Belong."
- Distribute Nutrition Fact Sheet during a church program or service. You may choose to read the first paragraph, encouraging members to call 1-800-4-CANCER for nutrition and other information about cancer and its prevention.
- Distribute bulletin insert in a Sunday church bulletin and have a NAT member make the following remarks during church announcements/remarks (or any other appropriate time):

"Our 5 a Day theme for April is Knowledge is Power: 1-800-4-CANCER. Please locate the bulletin in your church bulletin (read insert)."

Note: If developed, encourage church members to observe displays and bulletin board.



Knowledge Is Power!

1-800-4-CANCER

Bulletin Board and Display Ideas

The following is an idea for your bulletin board to help you teach your church family about how to gain knowledge about cancer and nutrition. You may want to use this idea or design your own bulletin board to teach about 1-800-4-CANCER.

- ▶ Have a bulletin board that displays questions and answers about cancer (see attached sheet for suggested questions). Be sure to explain that for answers to these and other cancer-related questions, all people can call 1-800-4-CANCER. You may also want to include the slogan, "Knowledge is Power!", as well as pictures of fruits and vegetables for color. You may also wish to make a pouch and have the Nutrition Fact Sheet available on the board.
- ▶ Set up a display that includes 1-800-4-CANCER pamphlets, magnets, pens, pencils, etc. Pass them out after morning worship.

April Trivia

1. Which vegetable is considered cruciferous?

- A. Potato
- B. Squash
- C. Cabbage
- D. Cucumber

2. What number would you dial to get information about nutrition and cancer?

- A. 1 -800-4-HEALTH
- B. 1 -800-EAT-WELL
- C. 1-800-4-CANCER
- D. 1 -800-FRUIT-4-U

3. Fruits and vegetables are thought to help prevent cancer because they have vitamin A, vitamin C, fiber, and other cancer fighting components.

- A. True
- B. False

4. Our main sources of Vitamin C are:

- A. Cruciferous vegetables
(Broccoli, Mustard Greens, Collards)
- B. Citrus fruits
(Oranges, Grapefruit)
- C. Dark Green Leafy Vegetables
(Spinach, Romaine Lettuce, Collards)
- D. Rice and Brown Bread



April



1996

1996

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>April is Cancer Awareness Month, challenge your church members to call 1-800-4-CANCER to learn about cancer and its prevention! <i>Knowledge is Power!</i></p>	<p>1 Promote Cooking with Pizzazz part 2 to your church members!</p>	<p>2 Find out when BCUFBH is featured on ALMANAC!</p>	<p>3 Begin to organize trip to Durham for Cook off!</p>			
7	8	9	10	11	12	13 Recipe Cook off at Duke!
14	15 Have you turned in your March Monthly Report yet?	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	<p>5 a Day Ideas: As Cancer Awareness Month, make it a goal in April to teach your congregation about Cancer and its prevention! Remember knowing the right things to do can give you the power to try to stay in the best health possible! Talk to your health department agent about getting a Cancer Information Specialist to come talk to your church family today!</p>			

Knowledge is Power! 1-800-4-CANCER

1996



April



1996

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>April is Cancer Awareness Month</p> <p>Knowledge is Power! 1-800-4-CANCER</p>	<p>1 Learn how to cook healthy and delicious meals! - Sign up for Cooking with Pizzazz 2!</p>	<p>2</p>	<p>3 find out when the Black Churches project is featured on ALMANAC and tune in!</p>	<p>4</p>	<p>5</p>	<p>6</p>
<p>7</p> <p>Easter</p>	<p>8</p>	<p>9</p>	<p>10</p>	<p>11</p>	<p>12</p>	<p>13 Recipe Cook off at Duke!</p>
<p>14</p>	<p>15</p>	<p>16</p>	<p>17</p>	<p>18</p>	<p>19</p>	<p>20</p>
<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>
<p>28</p>	<p>29</p>	<p>30</p>	<p>April is Cancer Awareness Month. Knowing the facts and the right things to do can help give you the power to maintain good health and prevent cancer. 1-800-4-CANCER is a number we can call to get answers to our questions about cancer and its prevention. Call today! Knowledge is POWER!</p>			

Knowledge is Power! 1-800-4-CANCER

**Knowledge
is power!**

1-800-

4CANCER

**Knowledge is
Power!
1-800-
4CANCER**



Knowledge is Power! 1-800-4-CANCER

We endure many showers in April. But having the awareness that these showers will help to sprout beautiful flowers for us to look at and tasty fruits and vegetables to eat allows us to appreciate them. Cancer is a shower that afflicts many people, but finding out as much information as we can about cancer may make the sun shine through the clouds a little brighter.

1-800-4-CANCER supplies information about cancer and nutrition that may help us to prevent or control this disease. Many fear cancer, but God is not the author of fear. If you desire more information about cancer, call the cancer hot-line and remember,

Knowledge is power!



The Cancer Information Service

Call 1-800-4-CANCER for information on:

- ▶ The latest cancer treatments
- ▶ Clinical Trials-Studies to test new treatments
- ▶ Tips on how to detect cancer early
- ▶ Community services for patients and their families

Your questions about cancer are always welcome and all calls are confidential. Free booklets on cancer can be ordered.

When you call you will reach a recording:

- ▶ Press 1 to order materials.
- ▶ Press 2 to locate a Food and Drug Administration Mammography facility.
- ▶ Press 3 to talk with a Cancer Information Specialist.
- ▶ Press 4 to hear these options again.

May



Nutrition Fact Sheet

Find a Way to 5 a Day

For different reasons, many of us find it difficult to eat 5 servings of fruits and vegetables a day. For some it may be that fruits and vegetables cost too much while others may not feel as if they have time to prepare them. As we strive to help ourselves be as healthy as possible, think about what may be keeping you from eating 5 servings of fruits and vegetables a day. Try to come up with realistic ways to conquer the things that keep you from eating healthily. The goal for May is for all Black Churches United for Better Health participants to be able to find a solution for one thing that may make it difficult for them to eat 5 a Day. With God's help, everyone can find a way to 5 a day!

- **Fresh fruits and vegetables cost too much!**

Try buying fruits and vegetables that are on special at the supermarket. Apples, oranges, bananas, carrots, cabbage, potatoes, and greens tend to be less expensive than other fruits and vegetables. Also, fruits and vegetables are cheaper when they are in season. Take a look at the chart on the back to see when your favorite fruit or vegetable is in season.

- **I do not have time to prepare fruit and vegetable dishes.**

Buy frozen or raw fruits and vegetables that are already cleaned and cut up. Raw fruits and vegetables like apples, pears, bananas, and carrots are also quick and easy choices. Get a head start to 5 a Day by slicing a banana over your cereal in the morning or on a peanut butter sandwich at lunch. Enjoy with a glass of 100% fruit juice.



- **They do not serve fruits and vegetables where I eat lunch.**

Be prepared and save money! Bring your fruits and vegetables from home. Apples, bananas, grapes, sliced carrots, melon balls and many other fruits and vegetables are easy to pack and go! If a sandwich is your choice for the day, be sure to add or order lettuce, tomato and any other toppings you enjoy!

Did You Know?

May is Older Americans month--Take an older American a sampling of fresh spring fruits and vegetables to enjoy.

5 a Day Challenge

Take advantage of the bounty of fresh fruits and vegetables in season in May. Challenge yourself to try a new fruit or vegetable recipe each week of May!



Find a Way to 5 a Day!

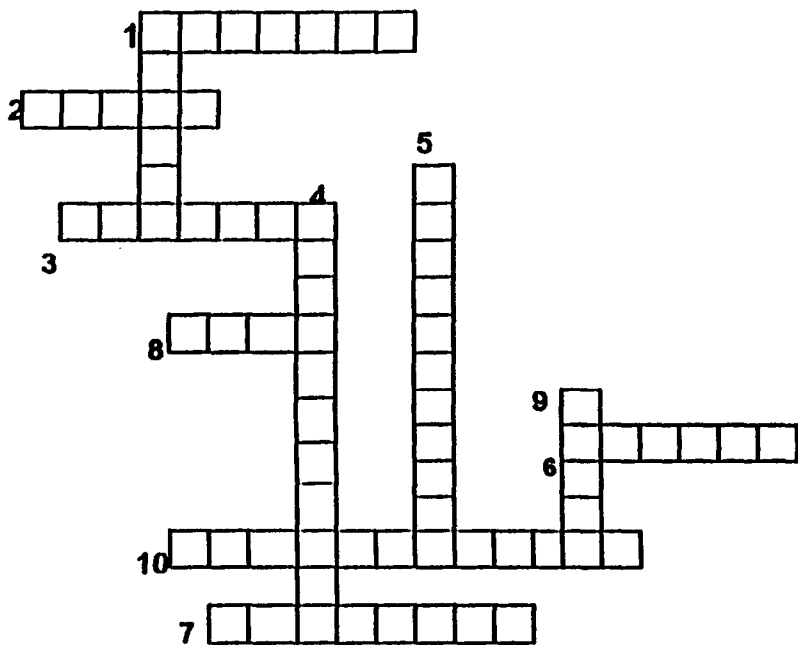
Suggested Activities:

The following are activities you may want to promote to help your church family help themselves and their families find a way to eat five servings of fruits and vegetables a day.

- Distribute Nutrition Fact Sheet during a 5 a Day program (or other appropriate times). You may choose to read the first paragraph aloud to encourage family members to find a way around the obstacles keeping them from 5 a Day! The nutrition fact sheet contains all of the answers to the "Find a Way to 5 a Day" crossword puzzle.
- Distribute the "Find a Way to 5 a Day" crossword puzzle to your church family. Offer a small prize of a piece of fruit or a gift certificate to those who turn in completed puzzles.
- On Mother's Day, show your mother or the mother of your children how much you love her by fixing her a meal of her favorite fruits and vegetables. A breakfast of pancakes topped with fresh strawberries or dinner with fresh greens and a fresh fruit salad would be healthy and delicious choices!
- Make 5 a Day into a family or church activity by going berry picking with your family or a group from your church. Come home or go back to the church to prepare your favorite 5 a Day berry recipe together!
- As the month of May is Older Americans month, honor the older members of your church by fixing a 5 a Day church supper in their honor.
- Distribute "Find a Way to 5 a Day" bulletin insert in a Sunday church bulletin and have a NAT member make the following remarks during church announcement / remarks (or any other appropriate time):

Our 5 a Day theme for May is 'Find a Way to 5 a Day'. This month we will focus on finding a way around the obstacles that keep us from eating five servings of fruits and vegetables a day. Please locate the insert in your church bulletin."

Note: if prepared, remind your church members to take a look at the bulletin board and/or display.



ACROSS

1. Fruits like blueberries, apples, and peaches are often used to make this delicious dessert.
2. Often served with rice, save money and add fiber to your diet by using this vegetable in place of meat.
3. Often eaten by rabbits, this inexpensive vegetable is good to keep on hand,
6. This vegetable is often eaten mashed, baked or boiled.
7. Can or freeze fresh fruits and vegetables to keep them from doing this.
9. The number of servings of fruits and vegetables you should try to eat.
10. From April - July, take advantage of this in-season fruit.

DOWN

1. Eating fruits and vegetables may help prevent you from getting this disease.
4. This vegetable is often made into a pie.
5. Unlike pricey exotic fruits and vegetables, apples, oranges, bananas, cabbage, carrots, greens and potatoes tend to be _____
9. You might throw one of these into your lunch bag to eat as a snack at work.

Find a Way to 5 a Day!



to 5 a

Day!

**Find a Way
to 5 a Day!**

Find a

Way



May



1996

1996

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>With age, purchasing fruits and vegetables often becomes more difficult. Getting to the store as well as the cost of groceries can make eating healthily more challenging. As May is Older Americans month, use this occasion to help the older members of your congregation overcome the barriers that keep them from eating 5 servings of fruits and vegetables a day! Help each other - Find a Way to 5 a Day!</p>			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Find a Way to 5 a Day!



May



1996

1996

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>With age, purchasing-fruits and vegetables often becomes more difficult. Getting to the store as well as the cost of groceries can make eating healthily more challenging. As May is Older Americans month, use this occasion to help the older members of your congregation overcome the barriers that keep them from eating 5 servings of fruits and vegetables a day! Help each other - Find a Way to 5 a Day!</p>			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15 Is your April monthly report turned in yet?	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31 Make sure you turned in your April monthly report!	

Find a Way to 5 a Day!



Find a Way to 5 a Day!

Bulletin Board and Display Ideas:

The following are suggestions for bulletin boards or displays to help your church family learn how to find a way around the things that keep them from eating five servings of fruits and vegetables a day.

Bulletin Board

On a brightly colored bulletin board, draw a maze.

Throughout the maze place symbols of common things that keep your church members from eating five servings of fruits and vegetables a day, for example, a dollar sign for cost, a clock for not enough time, and an empty refrigerator for those who can not keep fruits and vegetables around the house. (See attached sketch).

Show an easy path to the center of the maze where you have put a copy of the enclosed 5 a Day calendar for the month of May.

Decorate around the maze with pictures of fruits and vegetables.

At the top of the bulletin board, post the logo "Find a Way to 5 a Day". You may want to use the enclosed banner.

Put the Nutrition Fact Sheet and the "Find a Way to 5 a Day" crossword puzzle in folders hanging from the board.

Display

Divide a colorful display board into two halves. At the top of the display, post the logo "Find a Way to 5 a Day".

On one side of the display board, post the most the most commonly heard barriers to eating 5 a Day (See attached).

On the other side of the display board post one solution for each barrier. Mix them up so they do not match.

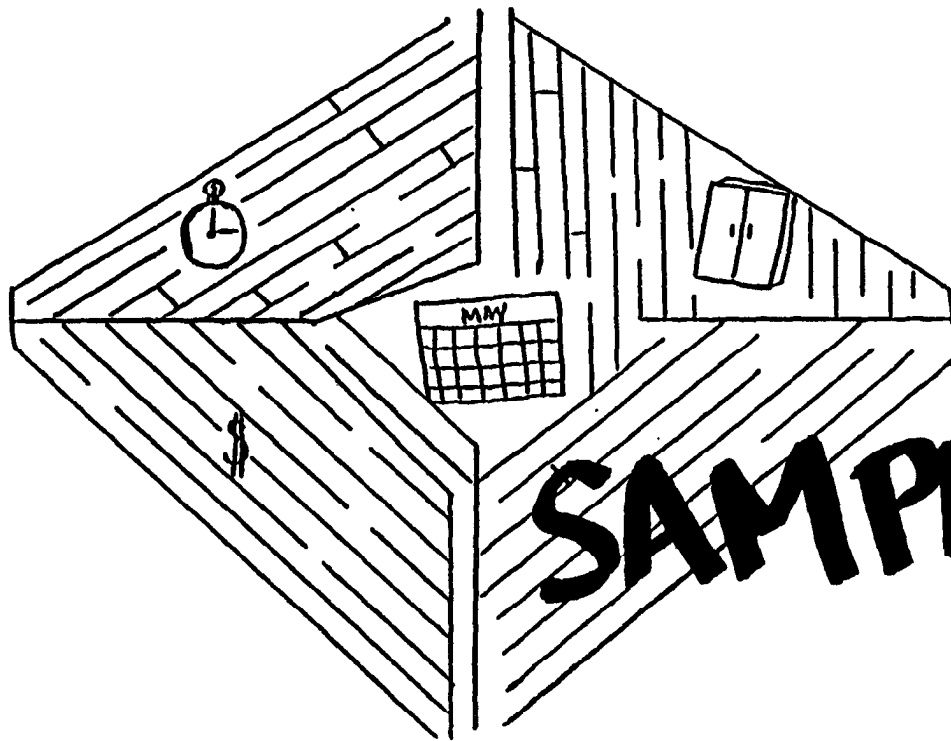
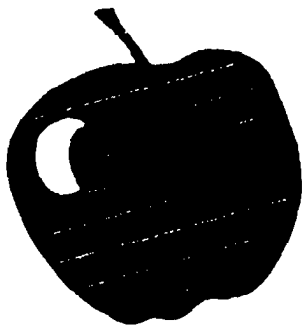
Ask your church members to fill out a sheet of paper matching the barriers and solutions.

Give a piece of fruit or a basket of berries to all who try to figure out the answers.

SAMPLE



Find a Way to 5 a Day!



Find a Way to 5 a Day!



In the list below, match the barrier to 5 a Day with its possible solution.

Barriers

1. Fresh fruits and vegetables cost too much.
2. I do not have time to prepare fruit and vegetable dishes.
3. I can't buy fruits and vegetables where I eat lunch.
4. I can not keep fruits and vegetables in the house. As soon as I buy fruits and vegetables my family eats them.
5. When I buy fruits and vegetables they spoil before I can prepare them.
6. I do not like the taste of most fruits and vegetables.

Solutions

- A. Buy raw or frozen fruits and vegetables that are already cleaned and cut up.
- B. Store fruits and vegetables in the crisper drawer in your refrigerator they will last longer!
- C. Enjoy the fruits and vegetables you do like more often!
- D. Bring a fruit or vegetable from home!
- E. Buy fruits and vegetables that are on special at the supermarket.
- F. Buy large bags of inexpensive fruits and vegetables!



Find a Way to 5 a Day!



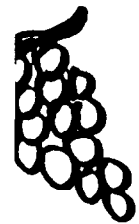
BARRIERS

SOLUTIONS

SAMPLE

A.
B.
C.
D.
E.

DISPLAY





For different reasons many of us find it difficult to eat 5 servings of fruits and vegetables a day. Some may think fruits and vegetables cost too much, while others feel they take too much time to prepare. As we strive to keep ourselves healthy, think about what may be keeping you from eating healthily. The goal for May is for all Black Churches United for Better Health participants to be able to find a solution for one thing that may make it difficult to eat 5 servings of fruits and vegetables a day!

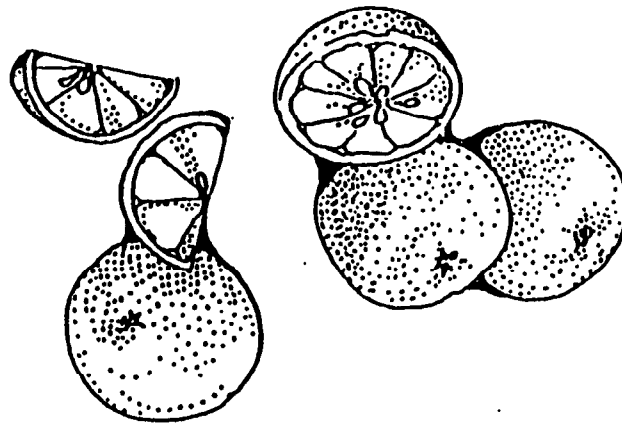
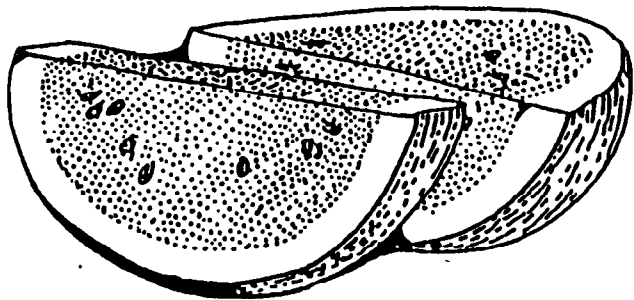
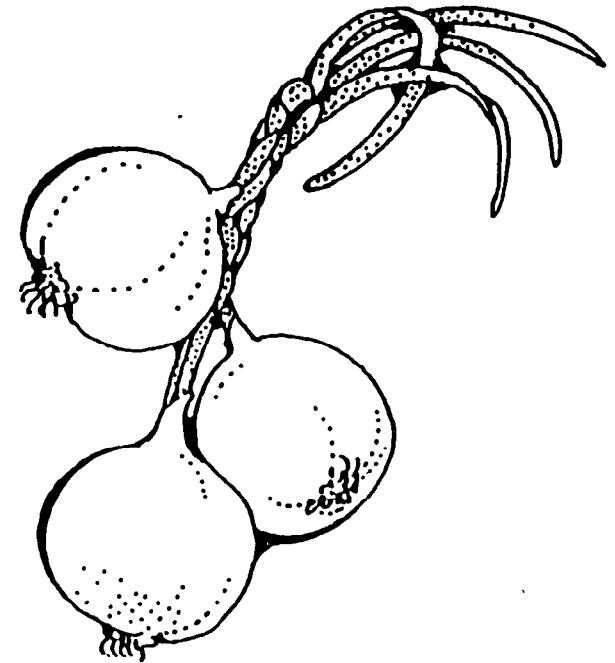
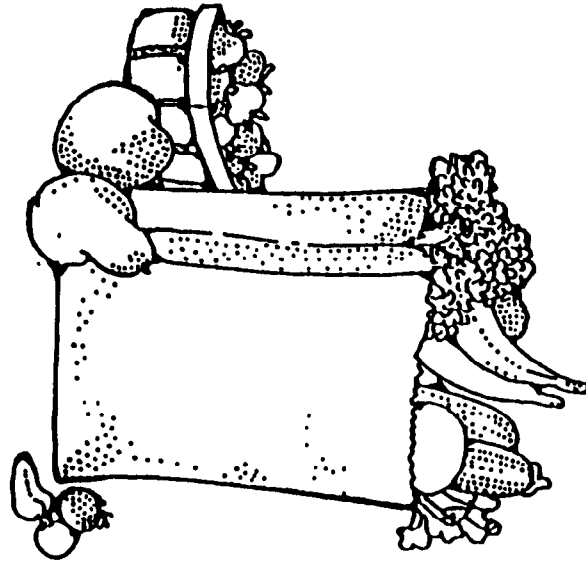
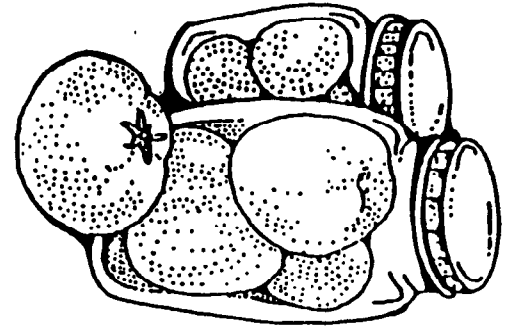
Find a Way to 5 a Day!

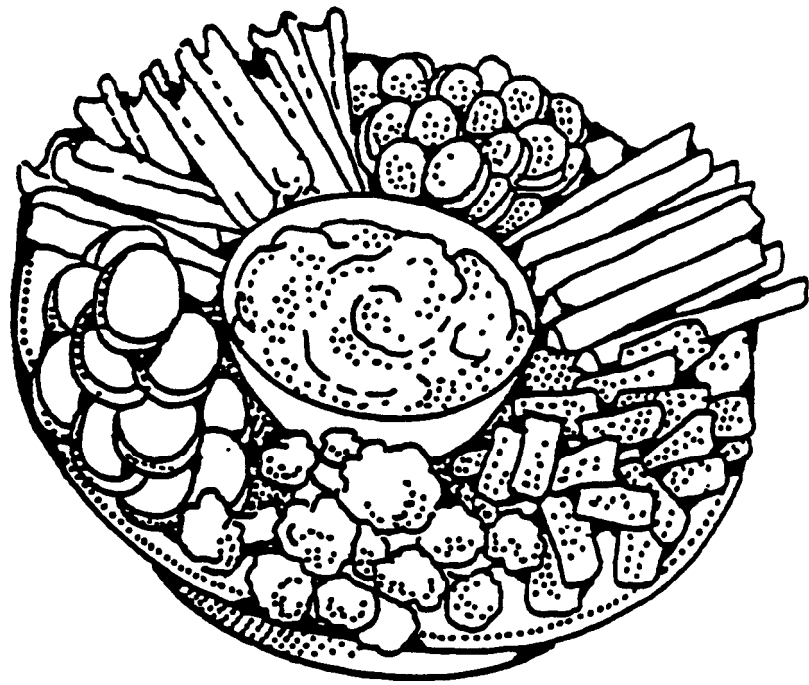


Find a Way to 5 a Day!

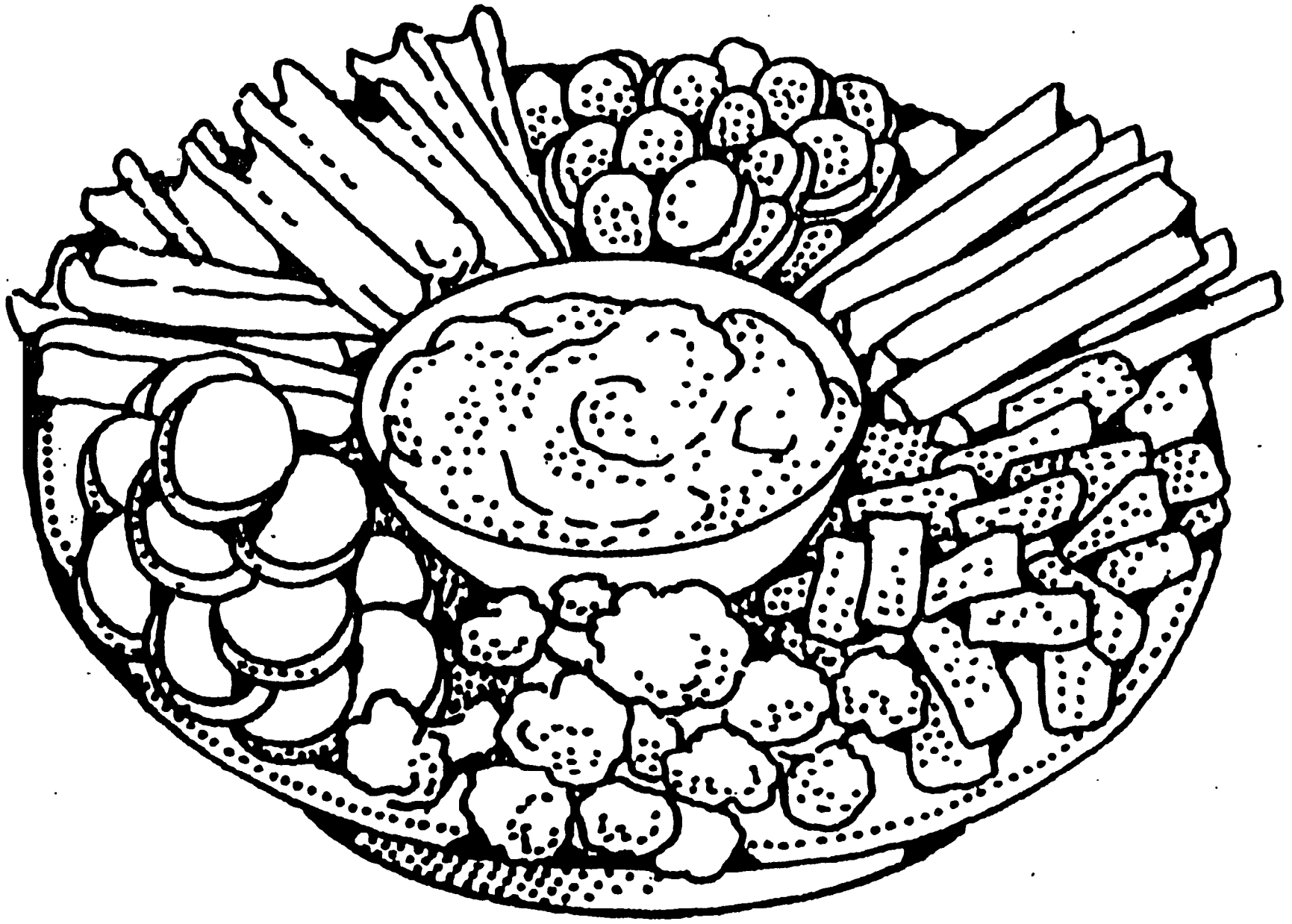
Join the fun and play this game to help you reach 5 a Day! When you finish the activity in a square mark it out with an 'X'. When you cover 5 squares see your NAT member for a 5 a Day treat!

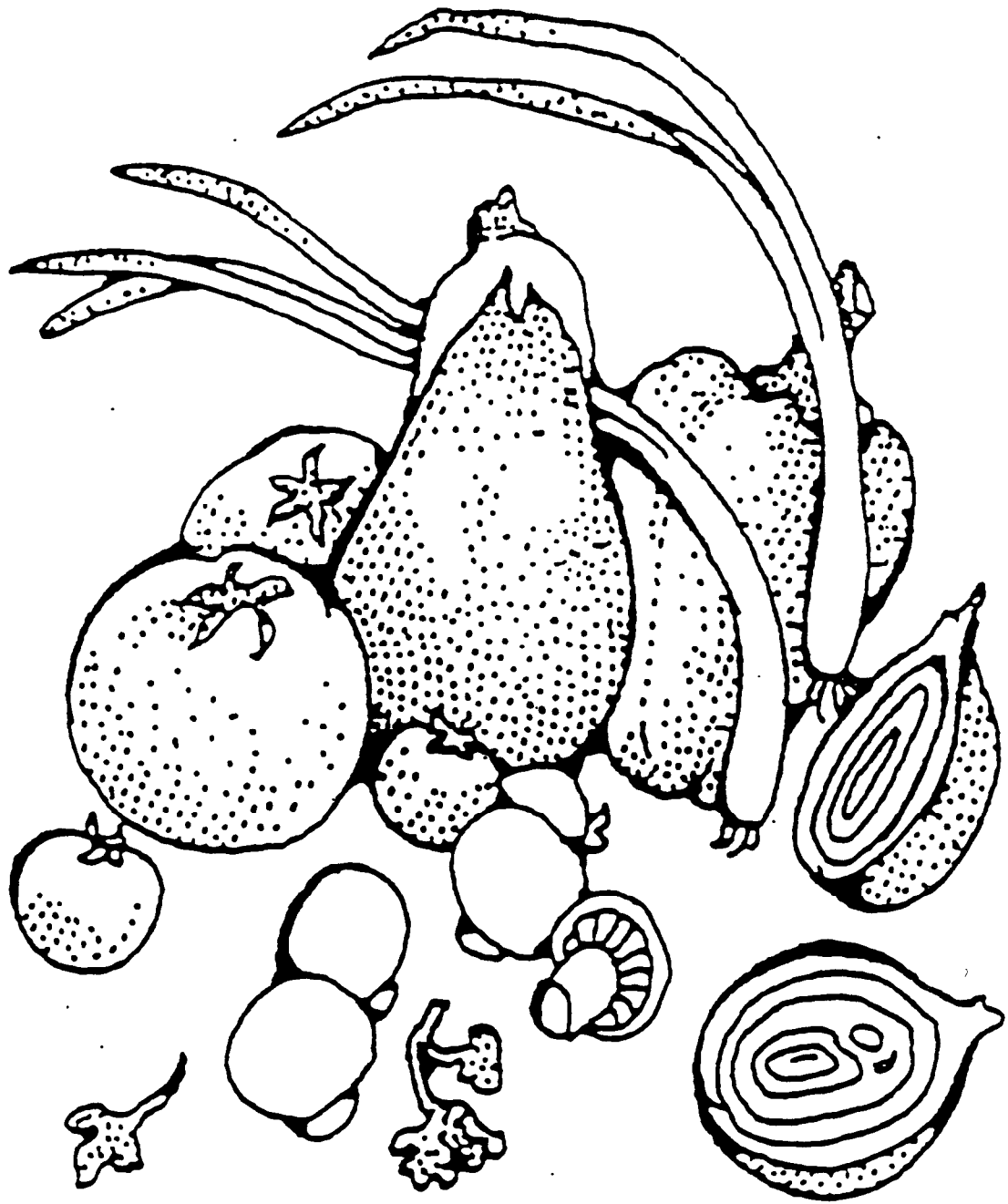
Tried a vegetable I had never eaten before	Ate a fruit or vegetable with breakfast, lunch, and dinner!	Honored a mother with a 5 a Day treat on Mother's Day!
Shared a vegetable recipe with a friend	Tried a fruit I had never eaten before	Ate 5 servings of fruits and vegetables a day! (For at least one day)
Ate 5 servings of fruits and vegetables a day for at least 2 days!	Celebrated Older Americans month by giving a fruit or vegetable to an older person!	Shared a fruit recipe with a friend
Ate a fruit (not juice) or a vegetable for a snack	Bought a fruit or vegetable that was on 'special' at the store	Helped someone else reach 5 a Day!

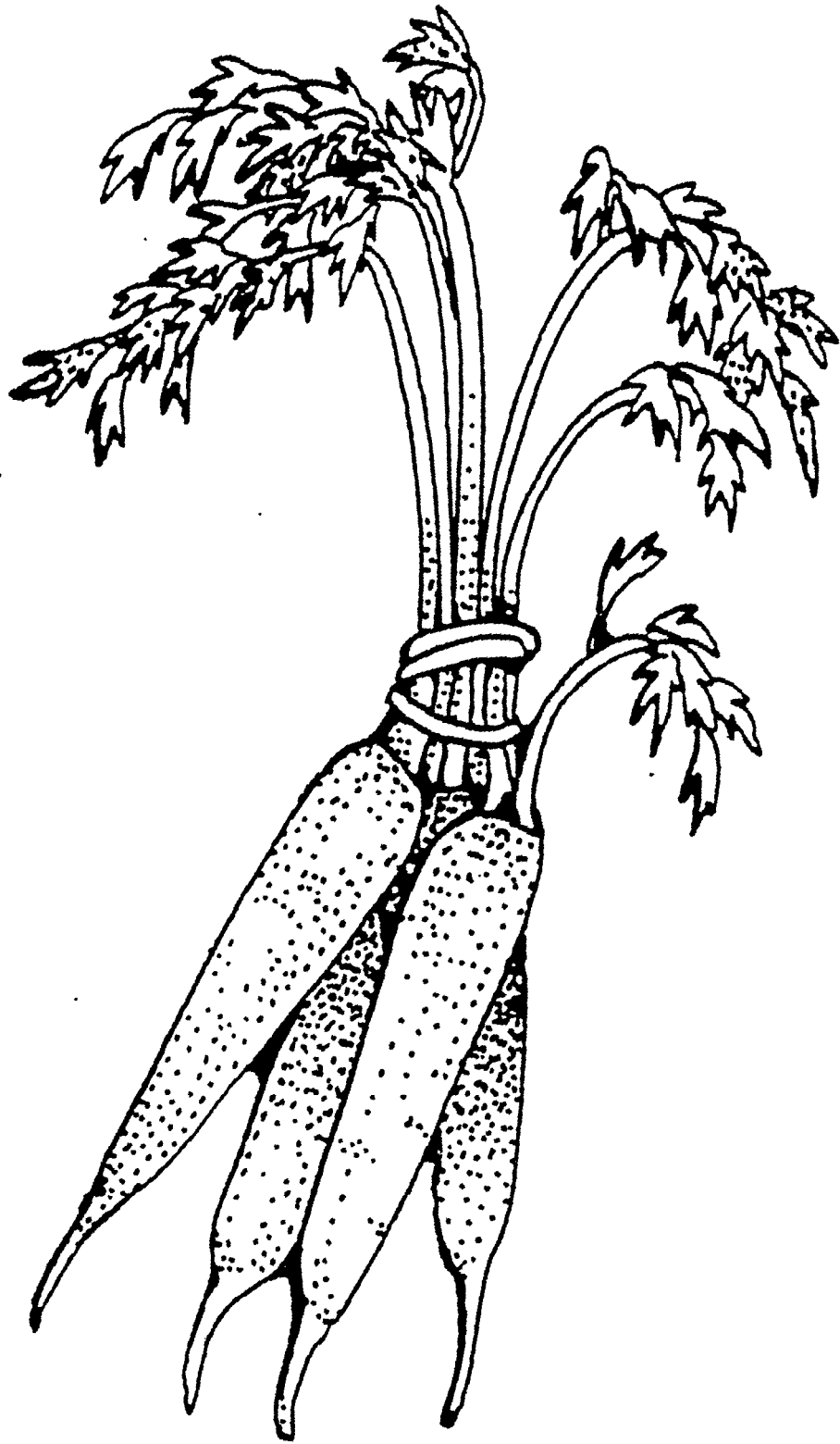




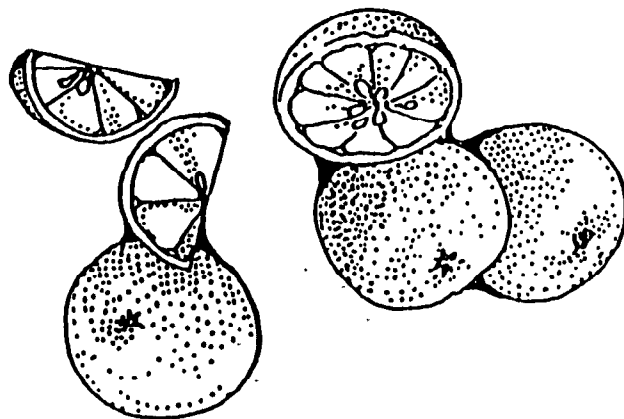
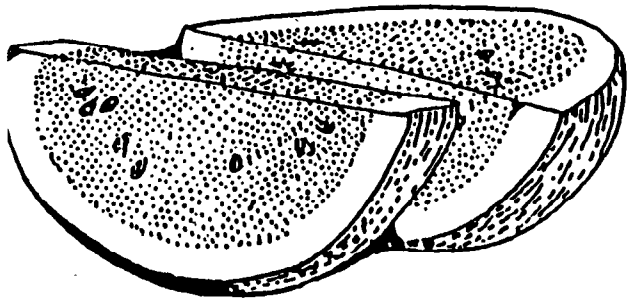
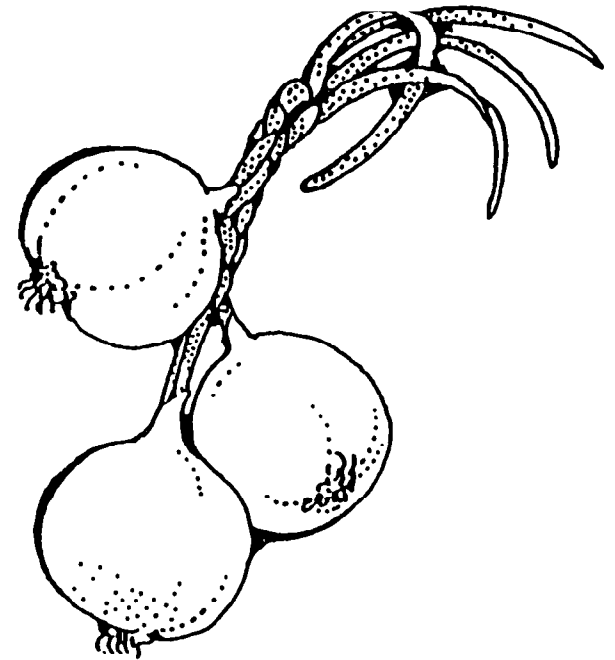
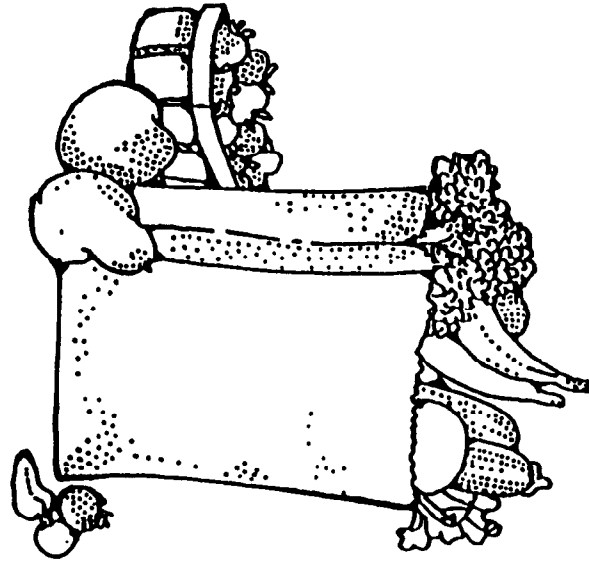
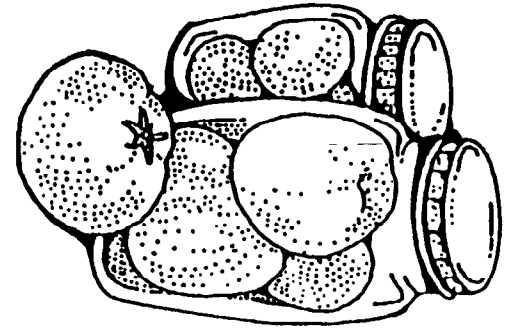
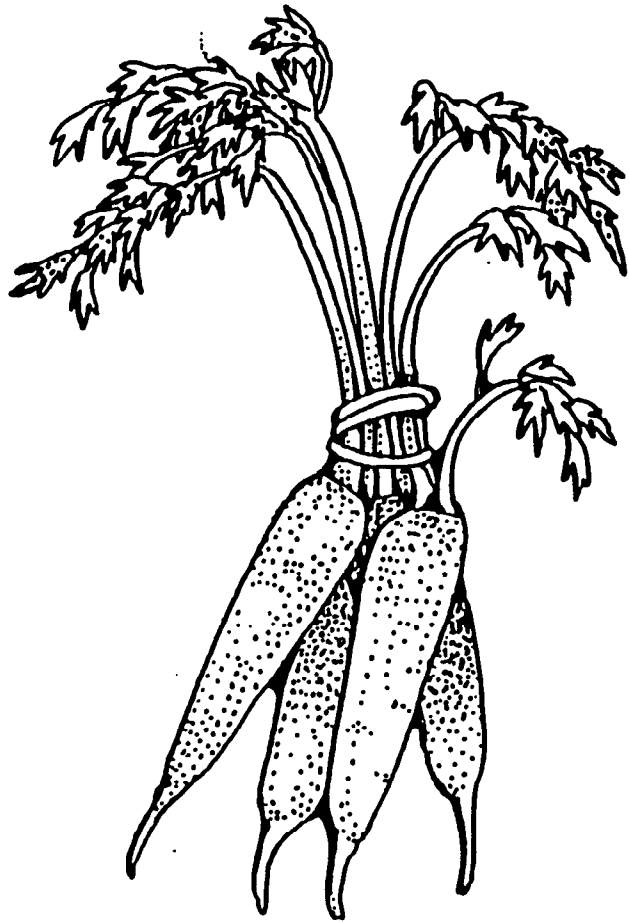




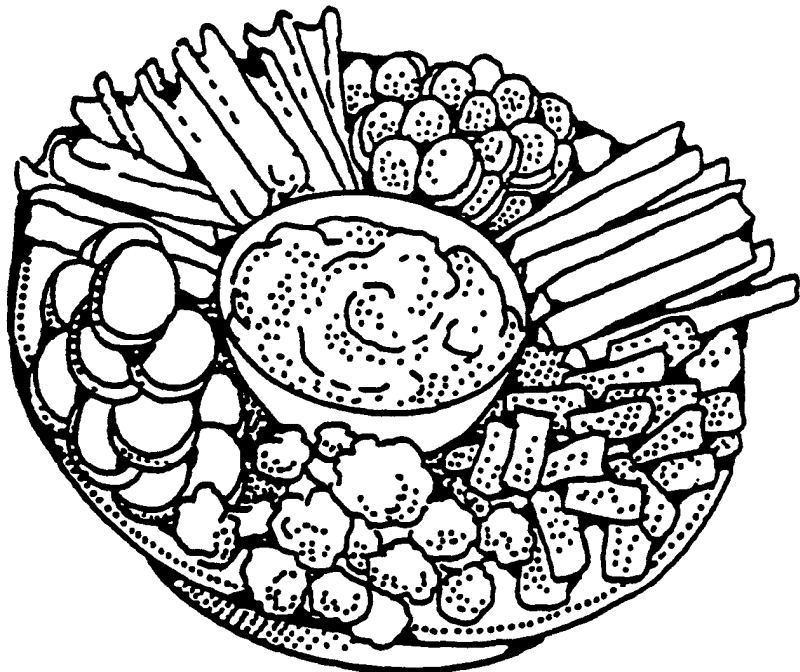


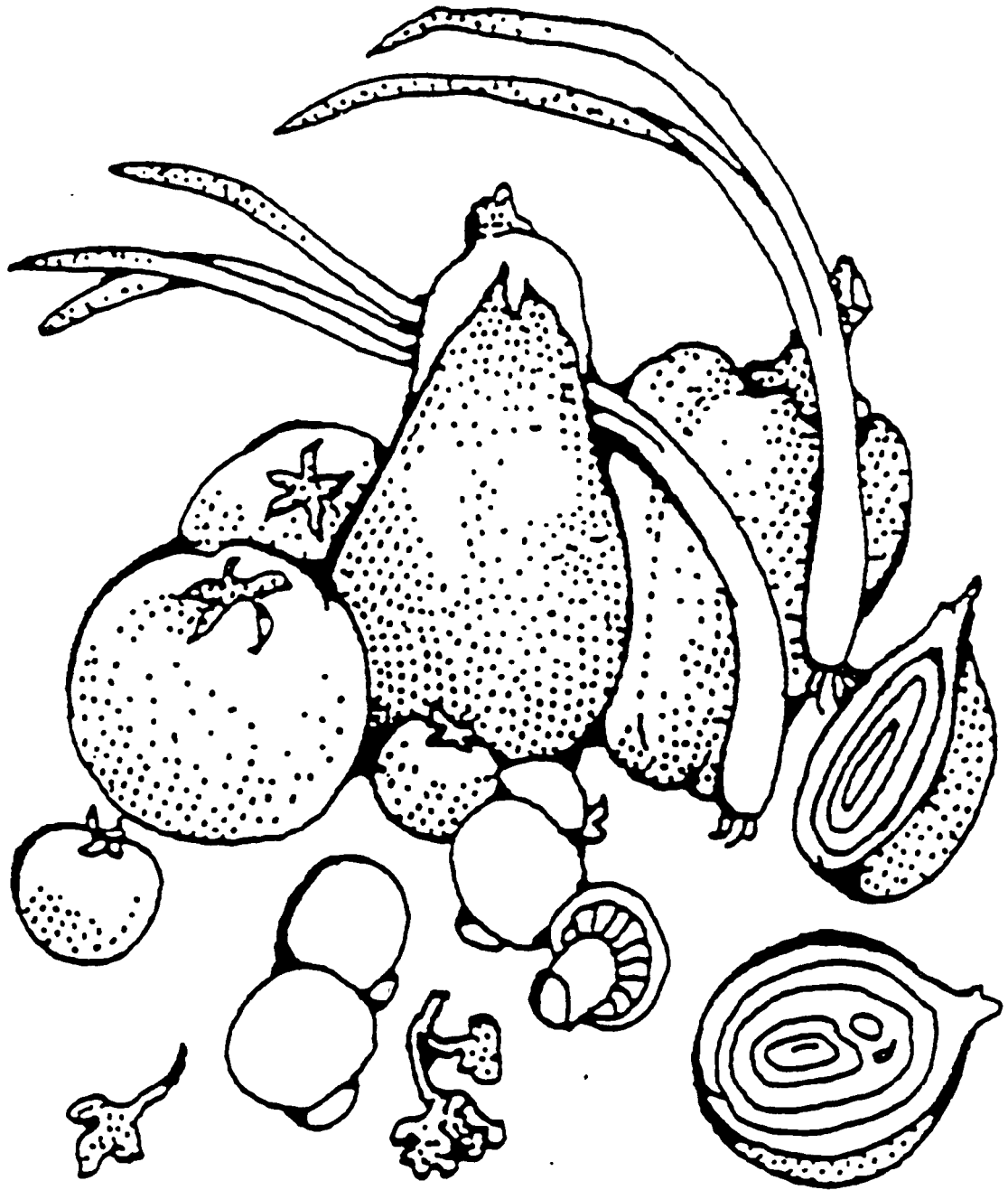


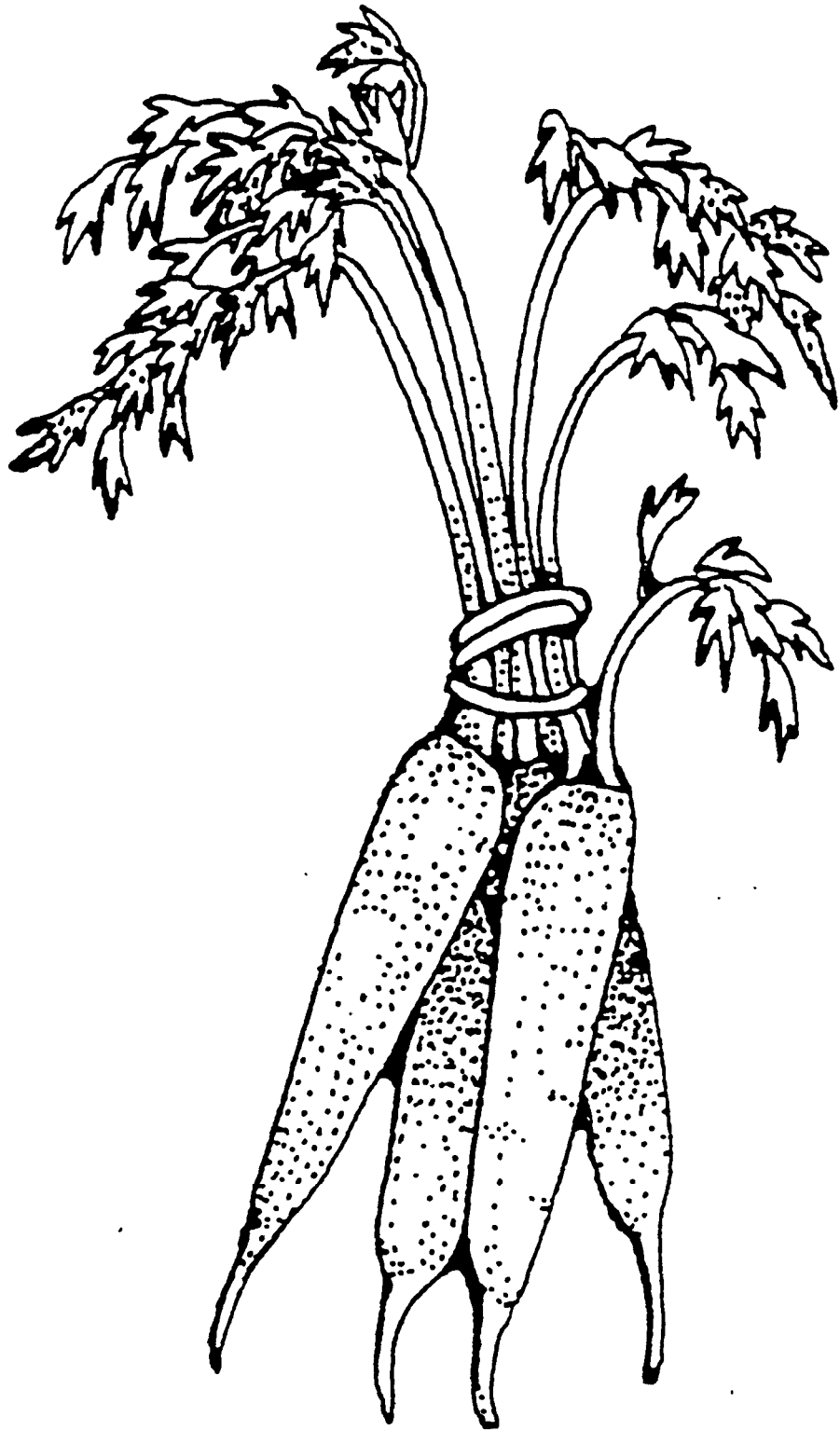




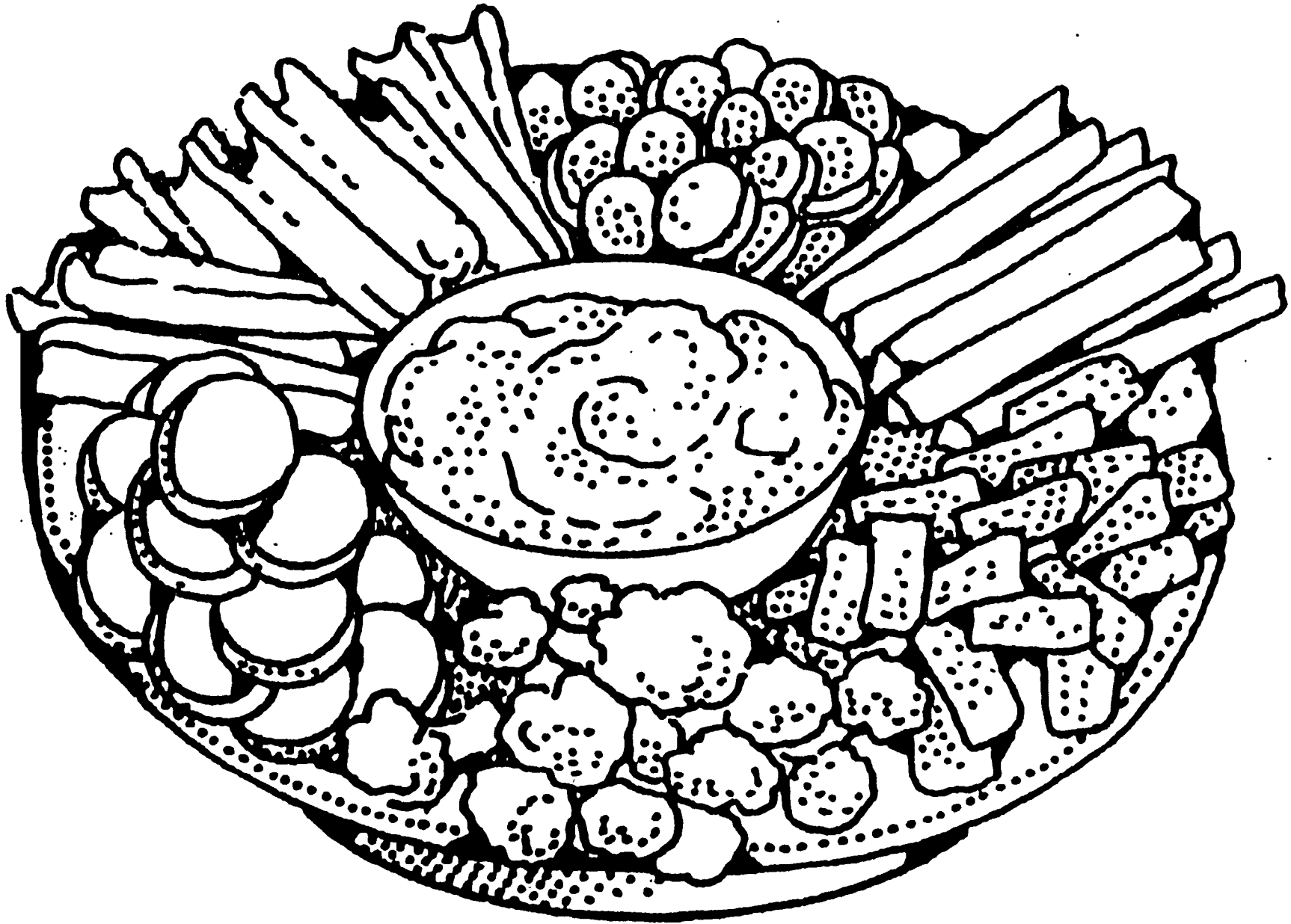














JUNE

Nutrition Fact Sheet

Take Five!...5 a Day for Better Health

People often mistake the term “5 a Day for Better Health” to mean eat 5 servings of fruit and 5 servings of vegetables each day. Although this might not be a bad idea, “5 a Day for Better Health” means to strive for a combination of at least 5 servings of fruits and vegetables each day. So remember as all of the summers’ crop of fresh fruits and vegetables are harvested-Take Five! 5 a Day for Better Health.

◆ **Why might eating fruits and vegetables help prevent cancer?**

Fruits and vegetables have a lot of vitamins, minerals, and fiber. Each of these things are known to help prevent cancer. So if we eat at least 5 servings of fruits and vegetables it is thought we give our bodies the vitamins, minerals, and fiber to prevent cancer!

◆ **5 Servings? That’s a lot of food!**

A combination of five servings of fruits and vegetables does sound like a lot of food! Remember, though, what we serve our plate is often more than one serving! A “serving” of cooked vegetable is 1/2 cup! You may think you are eating only 1 serving of corn when it really measures to 1 cup or 2 servings!

Did You Know?

When picking a fruit juice the label must say “juice” if the product is 100% juice. Names like “drink”, “beverage”, “punch”, “juice blend”, “-ade”, and “cocktail” suggest the juice is more sugar and water than fruit!

5 a Day Challenge

Don’t just give Dad a necktie, this Father’s Day show Dad you care--about his health too! Honor someone’s dad (yours or someone else’s) with a basket of fresh fruit or fix him a supper with plenty of 5 a Day fruits and vegetables!

◆ **Is it okay to eat all 5 servings of only fruit or only vegetables?**

Fruits and vegetables have different benefits to offer your body. So, it is important you get both fruits and vegetables in your diet. It may be okay to eat only fruits or only vegetables every now and then. However, try to eat a combination of fruits and vegetables most of the time!

◆ **Are some fruits and vegetables better at reducing your risk of cancer than others?**

All fruits and vegetables have vitamins, minerals, and fiber. However, the fruits and vegetables listed below have extra factors that make them even better at protecting you from some cancers. Eat fruits and vegetables from these groups every day!

Vitamin A Rich (dark green, yellow-orange fruits and vegetables)

Apricots	Broccoli	Spinach
Cantaloupe	Carrots	Sweet Potatoes
Mango	Greens	Tomatoes
Peaches	Pumpkin	Winter Squash

Vitamin C Rich

Apricots	Broccoli
Citrus Fruits	Cauliflower
Kiwi	Greens'
Melons	Peppers
Pineapple	Potatoes
Strawberries	Tomatoes

Cruciferous Vegetables (Mustard/Cabbage Family)

Broccoli	Kale
Brussel Sprouts	Mustard Greens
Cabbage	Radishes
Cauliflower	Turnips
Collards	

June

Bulletin Board Ideas:

Activity Ideas:



Take Five... 5 a Day for Better Health

Suggested Activities:

The following are suggested activities you may want to do to help teach your church family the meaning of “5 a Day for Better Health”:

- Honor the high school graduates in your church with a basket of fresh fruit.
- Show the fathers / dads in your church how much you care by honoring them with a church-wide 5 a Day dinner.
- Distribute blueberry coupons to your church members. Encourage them to try the recipes and include blueberries as one of their servings to reach 5 a Day.
- Reap the bounty from your Victory Garden and celebrate with a harvest day party.
- Help the members of your church reach 5 a Day by distributing the fruits and vegetables grown in your Victory Garden among the congregation.
- Pass out the “Take Five” Bulletin Insert in a church bulletin and have a NAT member make the following remarks:

“Our 5 a Day theme for June is Take Five... 5 A Day for Better Health. This month we will focus on the meaning of 5 a Day which is to strive to eat a total of 5 servings of fruits and vegetables a day for better health.”*

* If prepared, remind your church members to take a look at the bulletin board or display.

M A R C H



Keep your Eyes on the Prize - Strive for Five! Nutrition Fact Sheet

National Nutrition Month

As Christians we strive for the prize of serving as Christ's disciples. One way we can do this is to do our best to maintain good health. March, as National Nutrition Month, reminds us that a diet is healthiest when we eat many different kinds of foods including a variety of fruits and vegetables. Because variety is important it is helpful to be able to identify the serving size for many different kinds of fruits and vegetables. The goal for March is for all Black Churches United for Better Health participants to be able to identify the serving size of commonly eaten fruits and vegetables. Keep your eyes on the prize - Strive for Five!

► **Is serving size important?**

Knowing how much of a fruit or vegetable is in one serving is important in order to set a standard for how many fruits and vegetables you should try to eat in one day. For example, Sharon and Tomeka both reported eating one serving of vegetable at supper. However, Sharon thinks a serving is whatever she puts on her plate which is usually about 2 cups of greens. Tomeka, on the other hand, thinks of a serving as how much one serving spoon will put on her plate which is usually about 1/4 cup of greens. If we are trying to tell Sharon and Tomeka how many more fruits and vegetables to eat, we would not know that Sharon really ate four servings of vegetable at supper while Tomeka only ate 1/2 of a serving of vegetable!

► **Can you eat too many fruits and vegetables?**

Although it is very important to eat at least five servings of fruits and vegetables a day, a person should also try to eat a balanced diet. This can be done by following the food guide pyramid. The food guide pyramid recommends Americans eat between five and nine servings of fruits and vegetables a day. Although more than nine servings may not be dangerous to one's health, a person eating more than this many fruit and vegetables may find it difficult to eat the minimum recommended servings in the other nutritious food groups such as grains, protein, and dairy products.

Did You Know?

- * Studies show that less than 1 out of every 10 Americans eat at least five fruits and vegetables a day.

5 a Day Challenge

- * Be a role model! Set a goal for yourself to eat at least two servings of fruits or vegetables at church functions so your church members will see how easy it can be!

1996

June



1996

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>"Five a Day for Better Health" means eating a total of servings of fruits and vegetables each day for better health. Eating 5-A-Day of fruits and vegetables has been proven to lower your risk of getting cancer. As a part of a balanced diet, we must also get the other nutrients our bodies need for good health. June is National Dairy Month. Try mixing your fruits with lowfat milk and lowfat ice-cream to make shakes, serve your favorite yogurt with fruit or sprinkle lowfat cheese on a baked potato or broccoli. Fruits and vegetables go well with the foods from the Dairy Group. With summer approaching, remember that nothing beats the heat like cool fruits and vegetables.</p>						1
2	3	4	5	6	7 Remember to send in your recipe tasting cards and permission slips for the cookbook!	8
9 Distribute blueberry coupons to your church members.	10	11	12	13	14	15 Have you turned in your May Monthly Report?
16 Father's Day	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

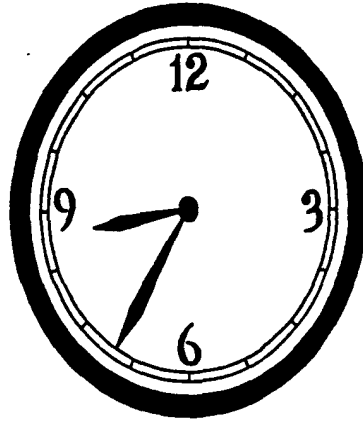
June



1996

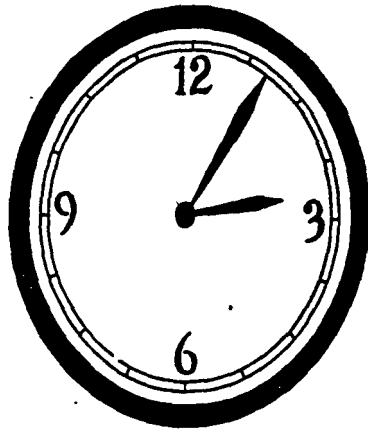
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>"Five A Day for Better Health" means eating a total of 5 servings of fruits and vegetables each day for better health. Eating 5-A-Day of fruits and vegetables has been proven to lower your risk of getting cancer. As part of a balanced diet, we must also get the other nutrients our bodies need for good health. June is National Dairy Month. Try mixing your fruits with lowfat milk and lowfat ice-cream to make shakes, serve your favorite yogurt with fruit or sprinkle lowfat cheese on a baked potato or broccoli. Fruits and vegetables go well with the foods from the Dairy Group. With summer approaching, remember that nothing beats the heat like cool fruits and vegetables.</p>						1
2	3	4	5 Fresh melon with breakfast-you are on your way to 5-A-Day.	6	7	8
9	10	11	12	13	14 Don't forget to use your blueberry coupon!	15
16 Father's Day Honor Dad with your 5-A-Day cookbook recipes.	17	18	19	20	21	22
23	24	25	26	27	28	29
30						Try grilled vegetables to get your 5-A-Day!



5 on the Go- *Fast Ways to 5*

- drink 100% fruit juice
- top your cereal with berries
- top pancakes with fruit
- grab fruit for a snack



5 A Day- 5 Minutes Away

What could be faster than snacking on:

- a box of raisins
- a banana
- grapes
- cherry tomatoes
- carrot sticks

It's Blueberry Season!



Look for fresh blueberries at your local market!

Remember to use the coupon for 20c off one pint of North Carolina blueberries.

Ask your Nutrition Action Team Members for a coupon if you haven't received one!



Now in Season!

Nutrition Facts

Serving size: 1 cup	
Amount per serving:	
Calories 100	Calories from fat 10
Total fat	1 g
Saturated fat	0 g
Cholesterol	0 mg
Sodium	0 mg
Dietary Fiber	3 g
Vitamin%	15% Daily Value
Iron	2% Daily Value

In the Nutrition Facts label above, the serving size is one cup. This counts as 2 servings of a fruit.

So often, we do not take time to think about the blessings that the Lord has given us each day.

There are so many small blessings that we receive.
Our health is a blessing we may take for granted.

During June, take the time to thank the Lord for the health He has given you by making it your goal to

“Take Five . . . 5 a Day for Better Health.”



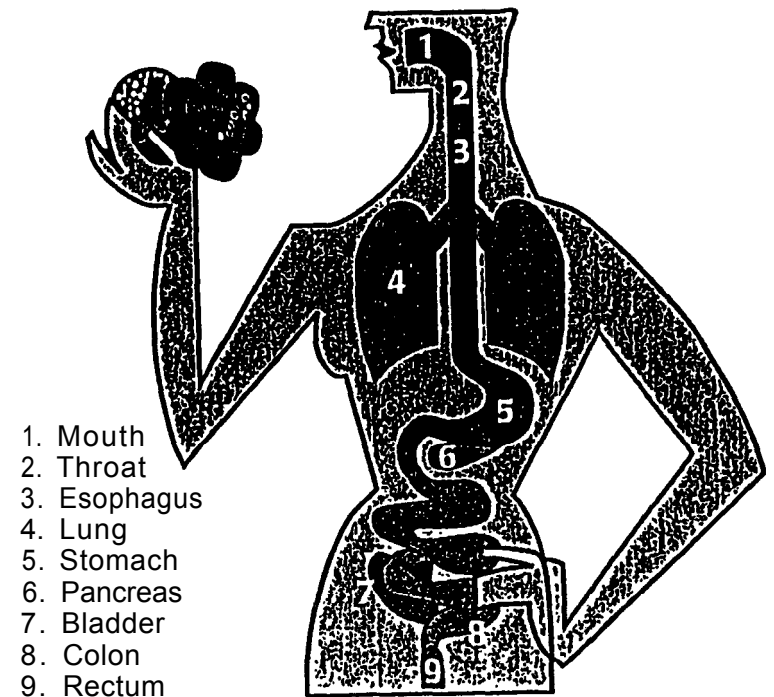
What Is 5 a Day for Better Health?

5 a Day for Better Health is a national campaign encouraging Americans to eat five fruit and vegetable servings a day to help prevent cancer.

Fruits and vegetables contain vitamins, minerals and fiber.
These are nutrients in food known to help prevent cancer.

Why Was the 5 a Day for Better Health Program Started?

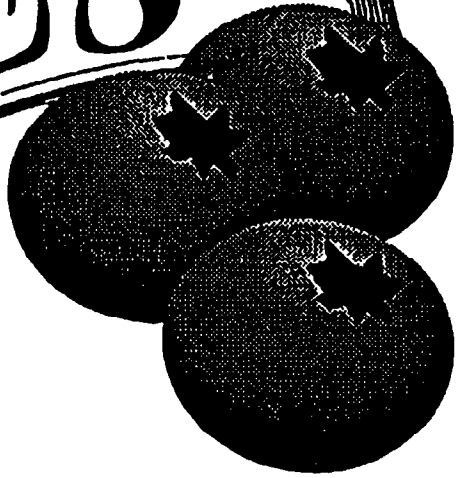
Many research studies have shown that eating five or more servings of fruits and vegetables each day lowers the risk of getting many types of cancer as shown below.

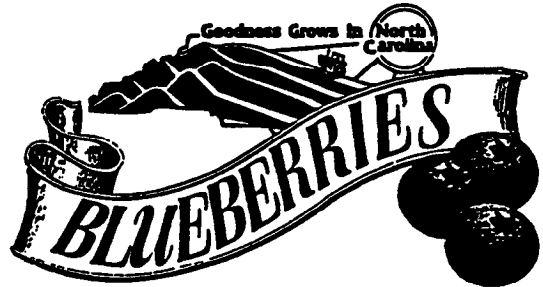
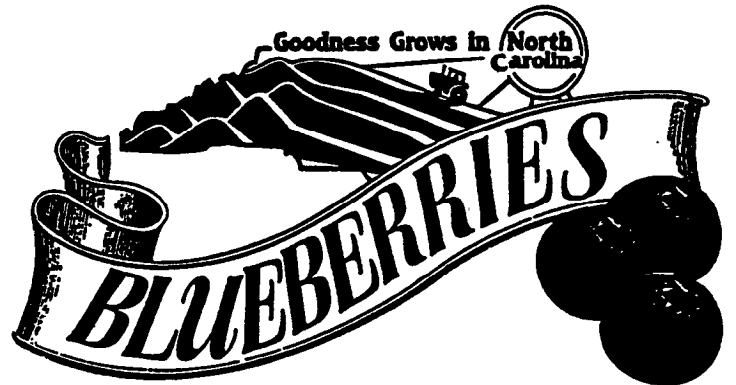
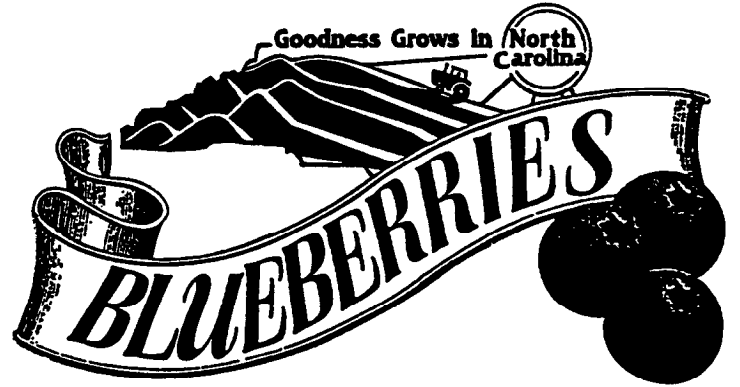


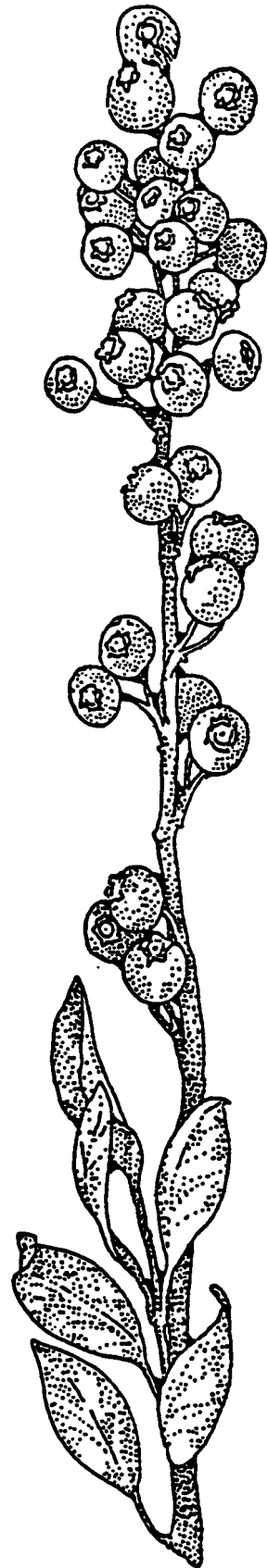
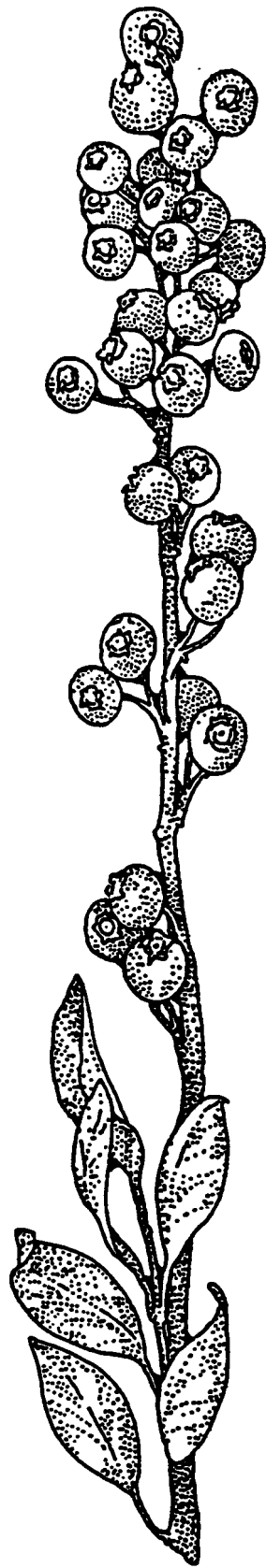
1. Mouth
2. Throat
3. Esophagus
4. Lung
5. Stomach
6. Pancreas
7. Bladder
8. Colon
9. Rectum

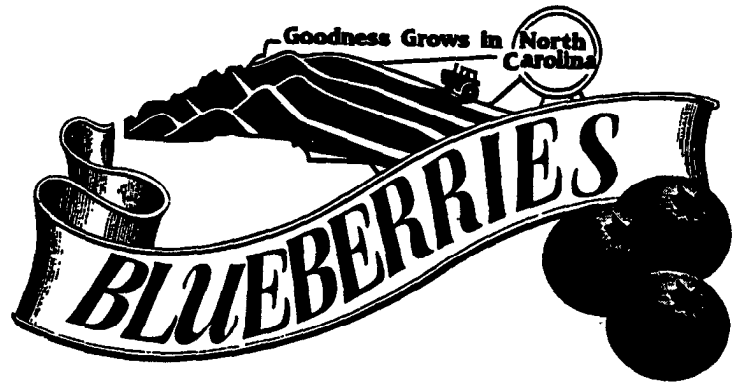
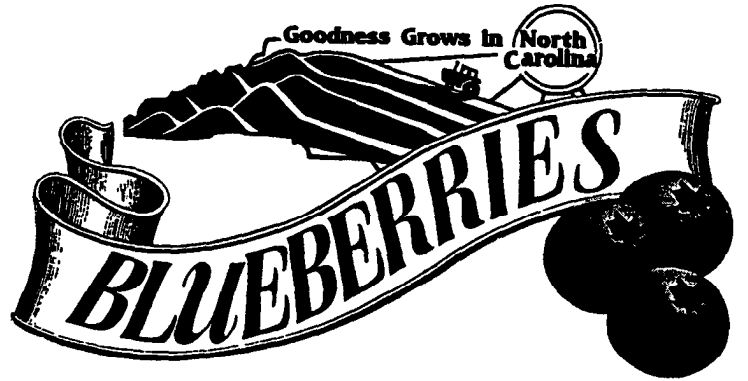
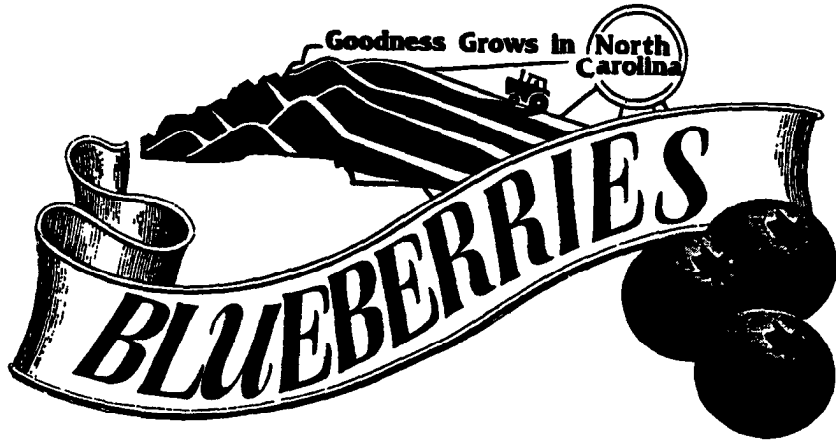
Goodness Grows in North Carolina

BLUEBERRIES









Take

Five...

5 a Day

for Better

Health

Take

Five...

5 a Day

for Better

Health

JULY



Nutrition Fact Sheet Feel Alive with 5

“An apple a day keeps the doctor away.” You may have heard this saying before. Now, we know it takes more than one apple. Studies have shown that eating a combination of 5 servings of fruits and vegetables a day is needed for better health. For too many African Americans, cancer is a leading cause of death. One benefit of eating five a day is lowered risk of getting certain types of cancer. But many people also say they just *feel* better when they eat lots of fruits and vegetables. It is God’s desire for us to live healthy, prosperous lives. Let us enjoy the goodness of fruits and vegetables and “FEEL ALIVE WITH 5.”

- **Are there other reasons to eat 5 a day?**

YES. Eating 5 a day not only lowers your risk of getting certain types of cancer. Fruits and vegetables provide bulk and fiber to the diet which may help lower cholesterol and prevent constipation. Fiber is also found in whole grain breads and cereals. In addition, increasing fiber in your diet from all sources and eating less fat may help control blood sugar in diabetes. These are just some of the reasons why it is important to get 5 a day everyday!

- **Can eating 5 a day help me lose weight?**

It is possible. By substituting fruits and vegetables for higher calorie foods, you may lose weight. Remember, it is important when trying to lose weight to eat a balanced diet. This includes a lowfat diet with foods from all the food groups like fruits, vegetables, grains, meats, and dairy foods. Ask a Nutrition Action Team member for more information on the Food Guide Pyramid-your daily guide to good food choices.

Did you know?

* You can lower your risk of getting stomach, esophagus, colon, and lung cancers, among others, by eating at least 5 servings a day of fruits and vegetables.

* Fruits and vegetables are great sources of fiber. For good health, we need at least 20 grams of fiber daily in our diets. (See page 3 of this Nutrition Fact Sheet- “Fruit and Veggie Fiber Adds Up” - for more information about fiber!)

- **Do raw vegetable provide the same cancer-fighting benefits?**

YES. Although not everyone can tolerate raw vegetables, they are an excellent way to get your 5 a day. Often, cooked vegetables lose some of their nutrients by overcooking or being cooked in too much liquid. When preparing your vegetables, cook them until they are tender, but still crisp, and use only a small amount of water or broth in the pot. Try steaming or microwaving your vegetables to retain many of the nutrients.

Summer Recipes

Now that summer is here, try these cool summer fruit and vegetable salads to reach your 5-a-day goal. These tasty salads also provide fiber, are low in fat, and taste good. Enjoy!

Peach Bowl

2 cups sliced peaches
1 cup blueberries
2 cups cubed watermelon
1 banana, sliced
1 medium sliced cantaloupe, cubed
1 pint strawberries, hulled
1 kiwi fruit, peeled and sliced
1 (6oz) can frozen orange juice, thawed

In a decorative bowl, layer fruits. Pour orange juice over fruits, and let marinate in the refrigerator for two hours. Makes 10 servings. This is an official 5 A Day recipe.

The Broccoli and Everything Salad

3 cups raw broccoli
1 cup seedless raisins
2 slices lean Canadian bacon, diced
1/2 cup chopped onion
Vegetable Dressing (recipe follows)

In a large bowl, combine broccoli, raisins, bacon, and onions. Add the dressing to the mixture and stir well. Chill. Makes 4 servings. This is an official 5 A Day recipe.

Vegetable Dressing

1/4 cup lowfat mayonnaise
1/2 cup plain nonfat yogurt
1/4 cup sugar
1/2 tsp. vinegar

Combine all ingredients. Shake well.

July

Bulletin Board Ideas:

Activity Ideas:

Fruit & Veggie Fiber Adds Up!

In addition to preventing cancer, fruits and vegetables add fiber or “roughage” to our diets. Fiber is the part of our foods that our bodies cannot digest. It is important in preventing constipation. Studies have shown that fiber helps in lowering the risk of colon cancers. We need at least 20 grams of fiber each day. This chart shows that by eating 5 a day of a variety of fruits and vegetables, you are on your way to getting the fiber your body needs.

FRUIT	SERVING SIZE	TOTAL FIBER
APPLE	1 MEDIUM	2.2 GRAMS
BANANA	1 MEDIUM	2.3 GRAMS
GRAPES	1/2 CUP	.5 GRAMS
CANTELOUPE	1/4 MEDIUM	1.3 GRAMS
ORANGE (PEELED)	1 MEDIUM	4.5 GRAMS
PEACH	1 MEDIUM	2.0 GRAMS
PEAR	1 MEDIUM	4.0 GRAMS
PINEAPPLE	2 SLICES	1.3 GRAMS
PLUM	2 MEDIUM	2.0 GRAMS
STRAWBERRIES	8 MEDIUM	3.2 GRAMS
VEGETABLES		
BROCCOLI		
CABBAGE	1/2 CUP	2.4 GRAMS
CARROT	1 MEDIUM	2.9 GRAMS
GREEN BEANS	1/2 CUP	1.9 GRAMS
LETTUCE	1 CUP	.8 GRAMS
POTATO (BAKED)	1 MEDIUM	3.7 GRAMS
SWEET CORN	1 MED. EAR	4.2 GRAMS
SWEET POTATO	1 MEDIUM	3.0 GRAMS
TOMATO	1 MEDIUM	2.1 GRAMS
TURNIP GREENS	1/2 CUP	2.0 GRAMS

Yesterday, Sister Smith ate 1 peach, 8 strawberries, 1 banana, 1/2 cup of turnip greens, and an ear of sweet corn. Her total fiber from those tasty foods is 13.7 grams. She can get additional fiber from whole grain breads and cereals to reach the desired total of 20 or more grams of fiber a day. *You can do it too!*

Many times we know what is best,
but each day He brings a new test.

The choice to be healthy is a good one to make
He gives us the words, the advice to take.

Knowing and doing, though, are two different things.
We all want a good life and the joy that it brings.

July is the time to make it your way,
to be independent of what leads you astray.

Make good health your goal, put your knowledge to use.
With all we know now, we certainly can't lose!

Remember the fruits and vegetables, when you sit down to eat
The vegetables are so tasty, the fruits are so sweet.

Five a day for better health, for this we should strive.
Five, only five, we're on our way to "feeling alive."



Why 5 A Day?

The benefits of eating five servings
of fruits and vegetables a day are that they:

1. can help prevent cancer;
2. can help you control your weight;
3. provide fiber or bulk to the diet that:
 - may help lower cholesterol;
 - helps prevent constipation; and
 - may help control blood sugar in diabetes,
with a lowfat diet.





FEEL ALIVE WITH 5!

Suggested Activities:

The following are activities you may want to do to help your church family discover how much better they can feel by eating five fruit and vegetable servings every day.

- ★ Serve a red, white, and blue Fruit Trifle as a refreshment at any church gathering or “after Sunday service. Use the recipe on Page 20 of the “Up Where We Belong” guidebook, but mix in one cup of blueberries with the strawberries before layering and use only 2 cups of sliced bananas.
- ★ Make an announcement asking all church members to try to eat at least five fruits and vegetables every day for a week to see if they feel better. Members should keep track and report to a NAT member if they successfully eat 5 a Day for a week. Those who do can receive their own star on the bulletin board (See “Bulletin Board Idea” section.)
- ★ Distribute the “Feel Alive With Five” bulletin insert in a Sunday church bulletin. A Nutrition Action Team member can call church members’ attention to the insert during church announcements / remarks.
- ★ Ask church members to write down three major health benefits of eating five fruits and vegetables a day and turn them in to NAT members. Let them know that the answers can be found in the “Up Where We Belong” guidebook, but do not tell them what page. Give away a melon or bag of fruit to those who turn in three of the major health benefits of eating 5 a day. (The answers are on page 6 of the “Up Where We Belong” guidebook).

Bulletin Board Idea:

- ★ Place the title “Feel Alive With Five . . . Five a Day Stars” at the top of the board. Cover the board with navy blue background paper. For each person who reports eating five fruits and vegetables for a full week in July put up a white star with his or her name on it on the board. Copy the Nutrition Fact Sheet on red paper and post it in the center of the board if there is room.



July



1996

1996

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4 Independence Day Make fruits and vegetables a part of your cookout or get-together.	5	6
7 Use your poster of local farmers markets on a bulletin board in the church.	8	9	10	11	12	13 Check out your local farmers market for summer vegetables.
14	15 Have you turned in your NAT Monthly Report?	16 Enjoy watermelon as a cool treat to beat the summer heat!	17	18	19	20
21 Try a new recipe from the "Up Where We Belong" guidebook.	22	23	24	25	26	27 Plan a 5-A-Day picnic to celebrate National Picnic Month.
28	29	30	31	During July, summer fruits and vegetables are plentiful. This makes it easier for us to reach the 5-a-day goal that can make a difference in our health. The Lord has provided the fruits and vegetables. Now we must do the rest. This summer use what you know about 5-a-day to make life healthier for you and your family. Enjoy 5-a-day for better health to "feel alive with 5!"		



July

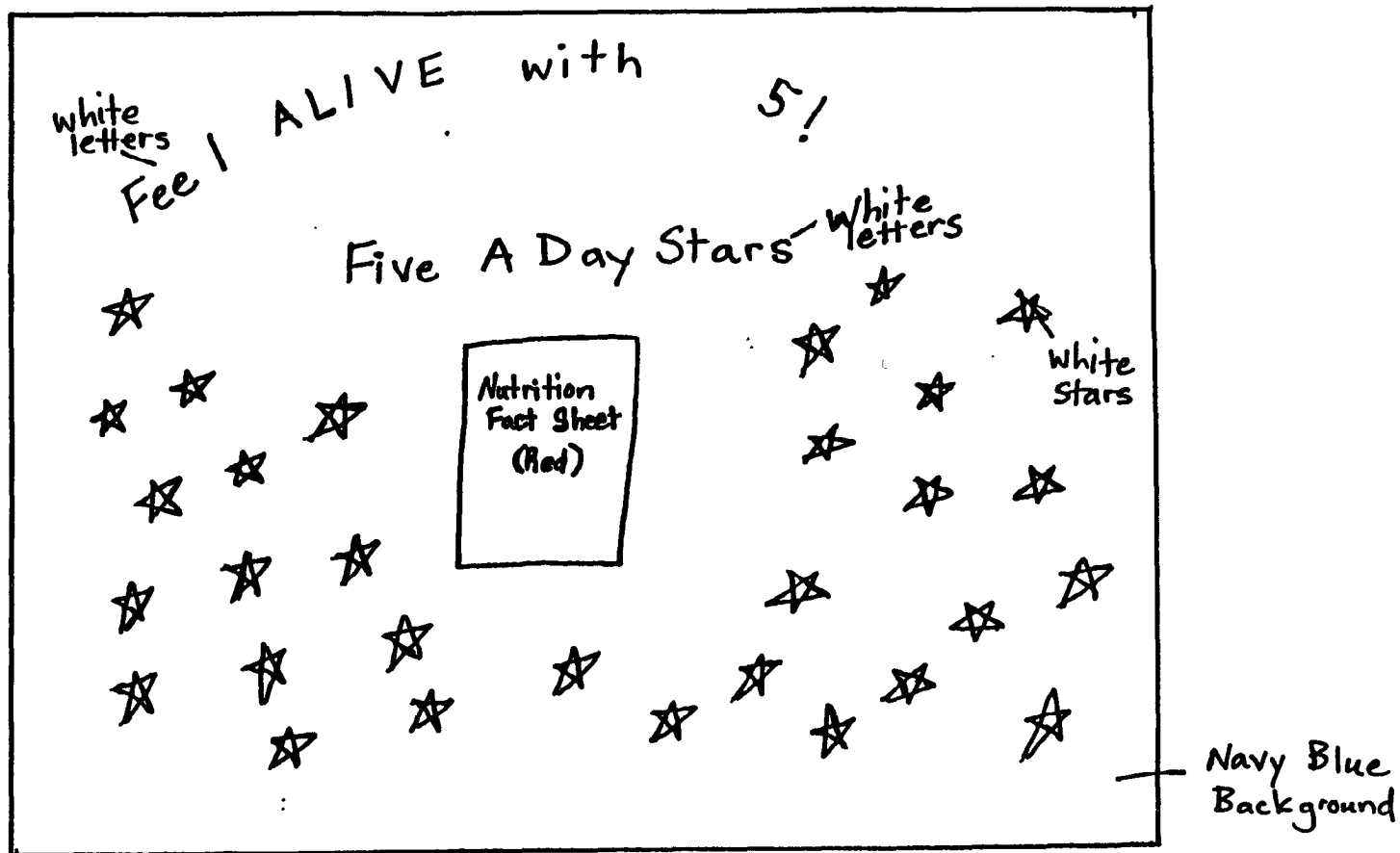


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1996

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Sample Bulletin Board Display



Feel

Five

ALIVE

With

A Day

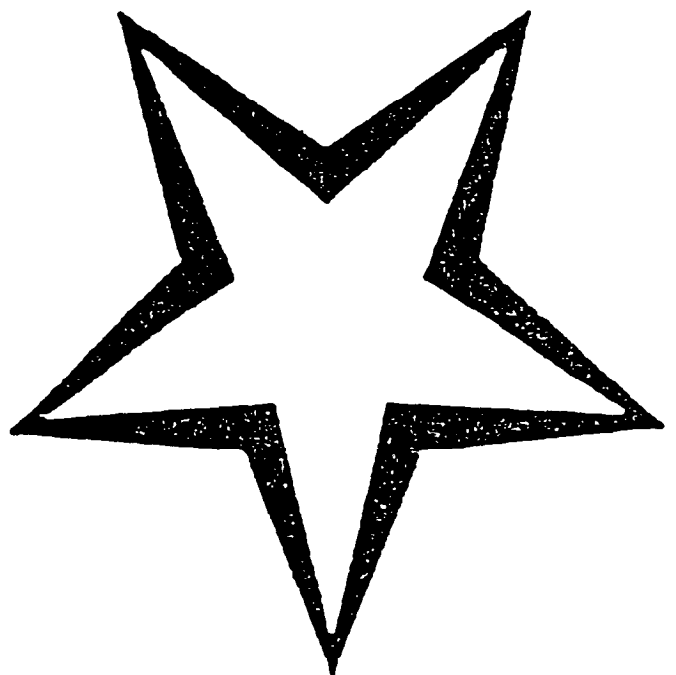
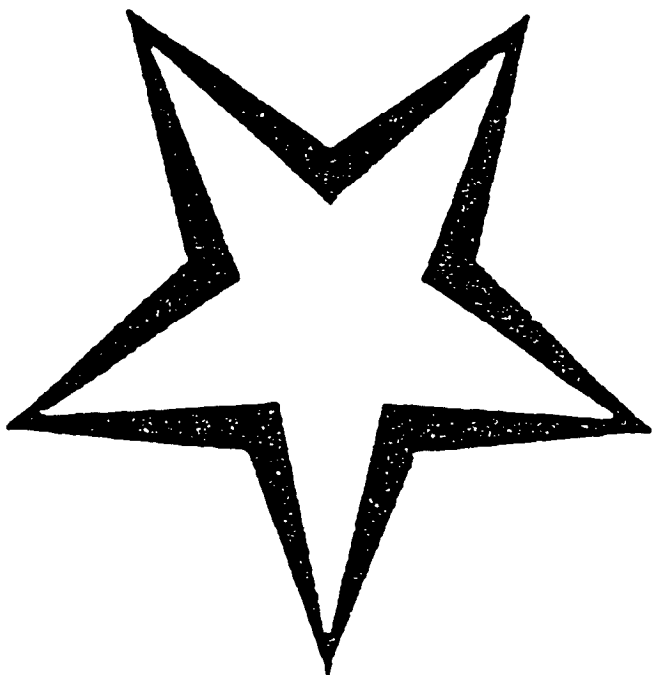
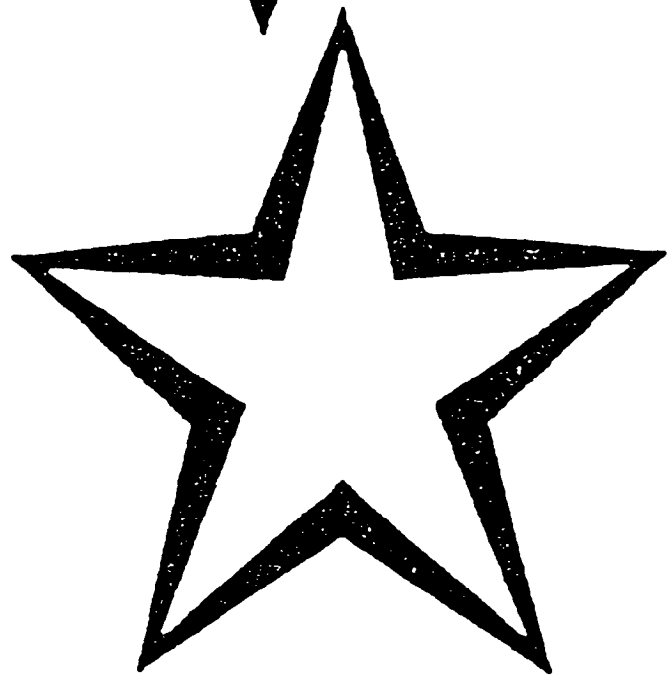
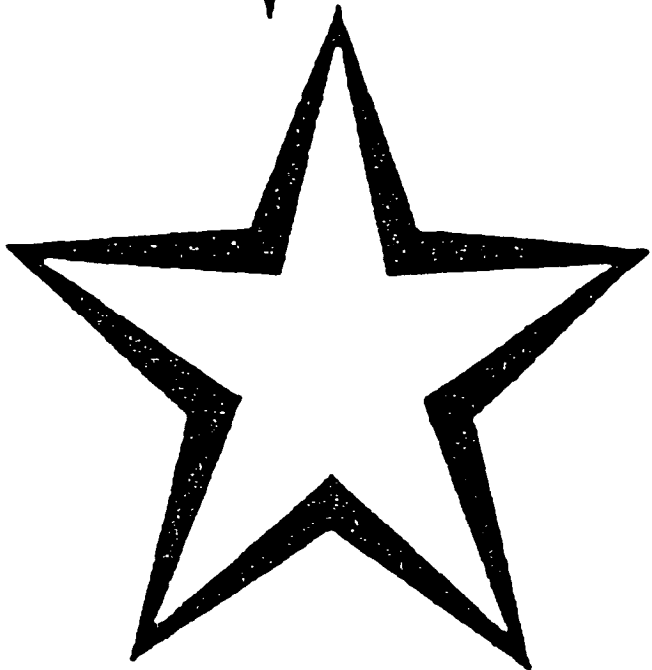
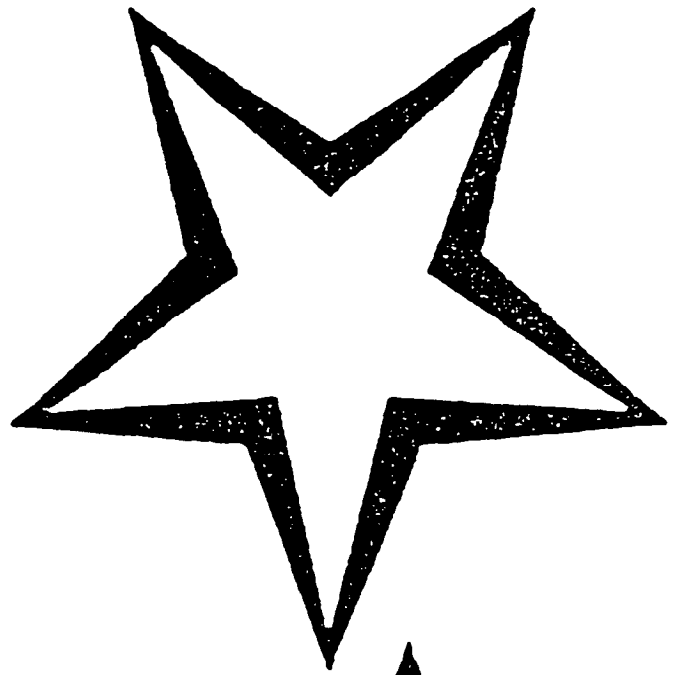
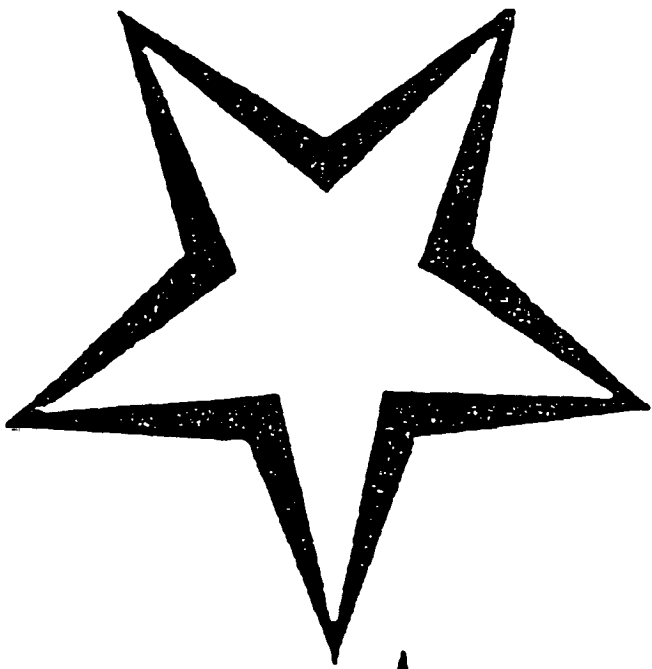
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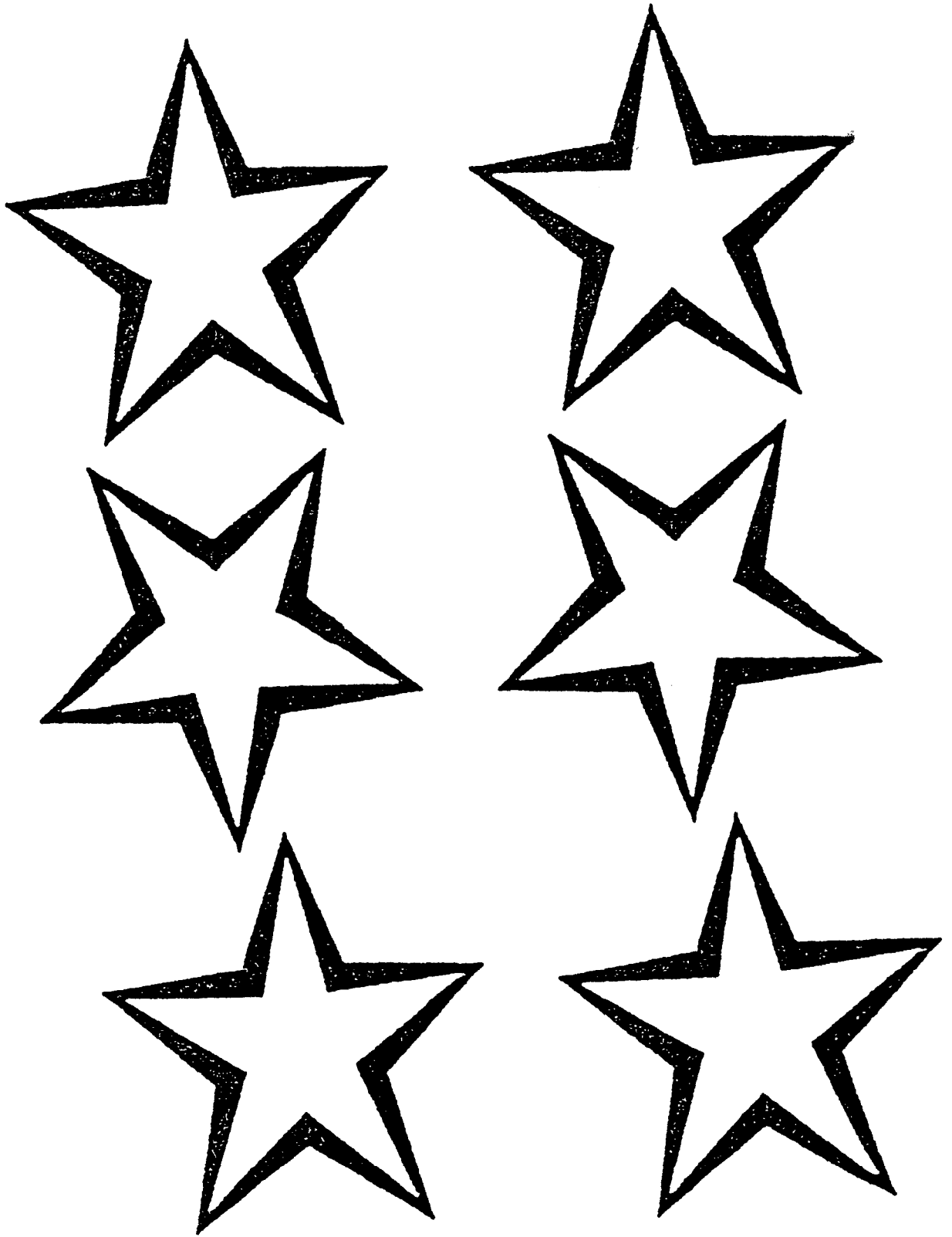
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Stars

Five a Day Stars

Feel Alive with 5!





August



Nutrition Fact Sheet A Taste of 5 a Day!

Back-to-school time is around the corner again. This means children will be going back to the routine of bus rides and books. Remember that eating 5 fruits and vegetables a day will help them throughout their lives just as the education they receive at school. We must instill in them early that God wants them to take care of their bodies. This packet includes some ideas for helping our children learn that eating 5 a Day is healthy and FUN.

August is "back-to-the-books" time for adults as well -- the Black Churches United For Better Health Cookbook, that is. We are happy to inform you that it is scheduled for release in the coming weeks. The cookbook is titled "A Taste of 5 a Day," and it would not have been possible without the hard work of the Cookbook Committee members and all the church members who submitted their delicious recipes. During August, everyone can celebrate and enjoy "A Taste of 5 a Day!"

🍷 "My child only likes one or two different kinds of vegetables."

Many children prefer the crunch and the taste of vegetables that are either raw or very lightly cooked. (Avoid giving hard raw vegetables to children under age 3.) Just because your child won't eat a cooked vegetable doesn't mean he won't eat it raw. Offer cut up raw carrot or celery sticks, broccoli "trees," cauliflower pieces, or even raw green beans! Serve them plain or with low-fat ranch dressing. Add lettuce and tomatoes to sandwiches. You might also try mixing cooked, finely chopped vegetables (such as carrots and broccoli) into ground meat when making hamburgers, meat loaf or spaghetti sauce. Try the recipe for Veggie Burgers included in this packet. Involve children in preparing foods. They are more likely to eat something they helped create.

🍷 "Fresh fruit is expensive, and my children eat it so quickly."

Buying bags of fruit such as apples and oranges is usually cheaper than buying a few pieces at a time. Buy produce in season and look for store specials. Compare prices at your local farmer's market to those in the supermarket. The farmer's market prices may be much lower. Remember also that you can buy fruits and vegetables *instead of* snack foods such as chips, cookies, and candy. The enclosed poster "Fruits & Vegetables: A Healthy Value" will help you understand how much you get for your money when you buy healthy snacks.

Check out the "5 a Day Kids" Recipe Page!

You will find recipes that your children can prepare for themselves and for other family members.
(Young children will need the help of a grown-up.)

☞“I only like vegetables if they are cooked with fatback or ham hocks.”

Many people like their vegetables, peas, and beans to have a “meaty” or “fat” taste. When you use meats such as fatback, ham hocks, or bacon dripping to flavor vegetables, you end up adding a good amount of fat and cholesterol to these very healthy foods. Too much fat and cholesterol can put you at risk for weight gain and a number of health problems. Try using smoked turkey necks or wings instead of fatty pork cuts when you cook your vegetables. Or, use no meat at all and add a can of low-sodium chicken or beef broth as your cooking liquid rather than water. Adding a tablespoon of vegetable oil or margarine to a pot of vegetables can create a “fat” taste without too much actual fat. The “A Taste of 5 a Day” cookbook will contain plenty of recipes for low-fat down-home vegetables that you can try, so make sure you get a copy for your family!

VEGGIE BURGERS

1 1/2 Cups Chopped SPINACH or BROCCOLI
1 Pound lean GROUND BEEF or TURKEY
3/4 Teaspoon SALT
1/2 Teaspoon PEPPER
4 TOMATO slices
4 LETTUCE Leaves
4 HAMBURGER BUNS

- 1. Cook vegetables. Drain thoroughly. Finely chop the vegetables.**
- 2. Add ground meat, salt and pepper and mix well.**
- 3. Shape meat into 4 patties. Broil, grill, or pan fry.**
- 4. Top each patty with a tomato slice and lettuce leaf and serve on a bun.**

Makes 4 servings.

August

Bulletin Board Ideas:

Activity Ideas:

Parents: Kids younger than 12 years old will need help from a grown-up to prepare recipes that require slicing or chopping foods or the use of the oven or stove-top. You will need to remove hot foods from the oven or microwave for your child. You should be the judge of how much help your child will need.

KIDS!: READ EACH RECIPE BEFORE YOU DECIDE TO MAKE IT. FIND OUT IF YOU HAVE ALL THE INGREDIENTS OR IF YOUR PARENT WILL NEED TO BUY THEM. ALWAYS WASH YOUR HANDS WITH WARM WATER AND SOAP BEFORE YOU FIX OR SERVE FOOD.

LETTUCE SALAD

- 1/2 Salad Bowl of DARK GREEN LETTUCE
(Romaine, Boston, Butterhead or try Spinach greens)
- 1/2 Salad Bowl of ICEBURG LETTUCE
- 12 CHERRY TOMATOES
- 3 CARROTS
- 1/2 Cup Fat-Free Italian Dressing



Make this salad in a large salad bowl or mixing bowl.

1. Fill the kitchen sink with cold water and wash all the lettuce and tomatoes in it. Gently pat it dry with a clean towel or let it air dry.
2. Tear up the lettuce leaves into pieces and place them in a large salad bowl.
3. Scrub the carrots clean under cold water. Use a grater to shred the carrots. (Don't scrape your knuckles!) Add grated carrots and to the lettuce.
4. Keep the salad in the refrigerator.
5. Just before serving, pour on the salad dressing and "toss" with 2 large spoons. Put the tomatoes on top. Makes about 6 servings.



5 A DAY KIDS

RECIPE PAGE

RANCH POTATO FOR ONE

- 1 Medium BAKING POTATO
- 2 Tablespoon LOW-FAT RANCH DRESSING

1. Scrub the potato under running water with a vegetable brush or clean cloth. 2. Stick the potato about 4 times with a fork. (Watch your fingers!) 3. Put potato on a paper towel in the microwave oven. 4. Set the microwave for 5 minutes on HIGH and start. 5. Ask a parent to test the potato to see if it is cooked enough. Cook additional time until done. 6. Carefully cut each potato in half and put 1 tablespoon of dressing on each half.

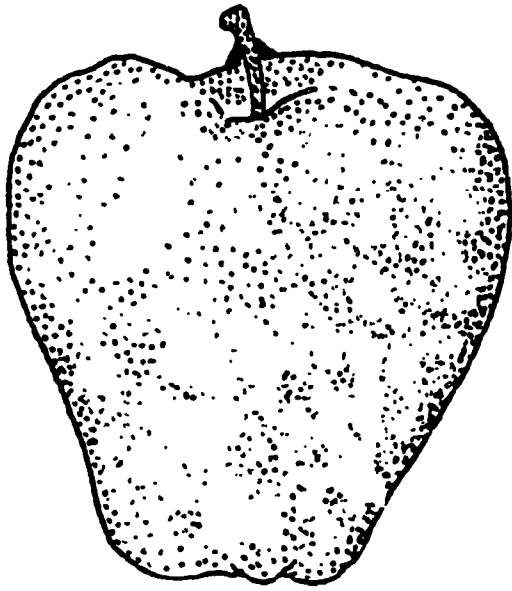
PEACH CRISP

- 4 Cups SLICED PEACHES (Ask a parent to help you slice them)
- 1/3 cup BROWN SUGAR
- 1/4 cup FLOUR
- 1/4 cup OATMEAL
- 1 teaspoon cinnamon
- 2 tablespoons soft diet MARGARINE
- Cooking Spray (such as Pam or Mazola No-Stick)

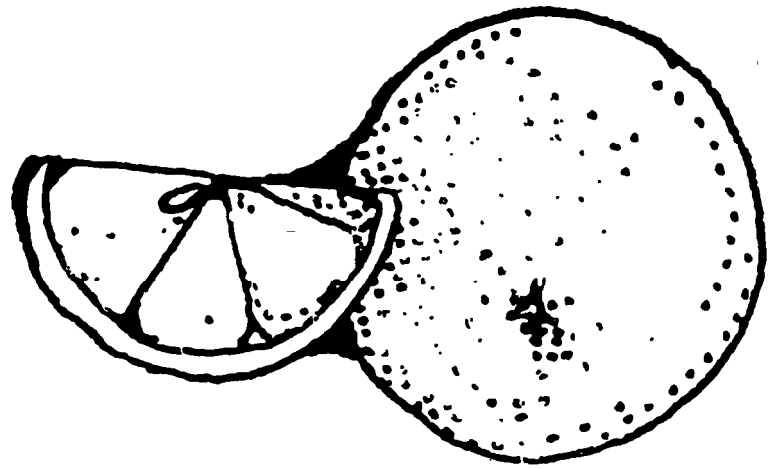
1. Spray an 8-inch square or round cake pan with cooking spray. 2. Place the sliced peaches in the pan. 3. Measure the brown sugar, flour, oatmeal, cinnamon, and margarine into a small mixing bowl. 4. Mix these dry ingredients well using your fingers. 5. Sprinkle the dry topping evenly over the peach slices. 6. Put the pan in the oven and bake for about 30 minutes. 7. Ask a parent to remove the peach crisp from the oven. Makes 6 servings.

5 A DAY KIDS

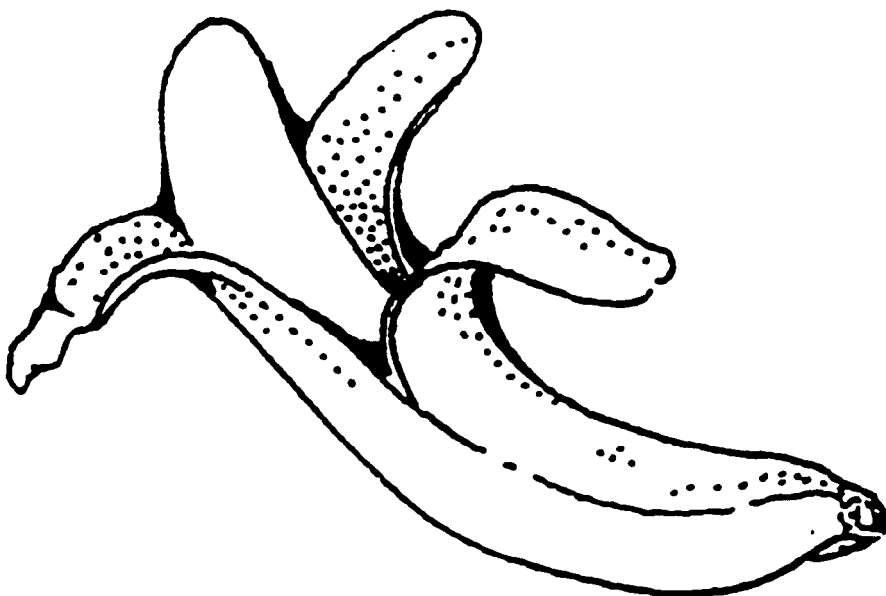
Coloring Page



Apple



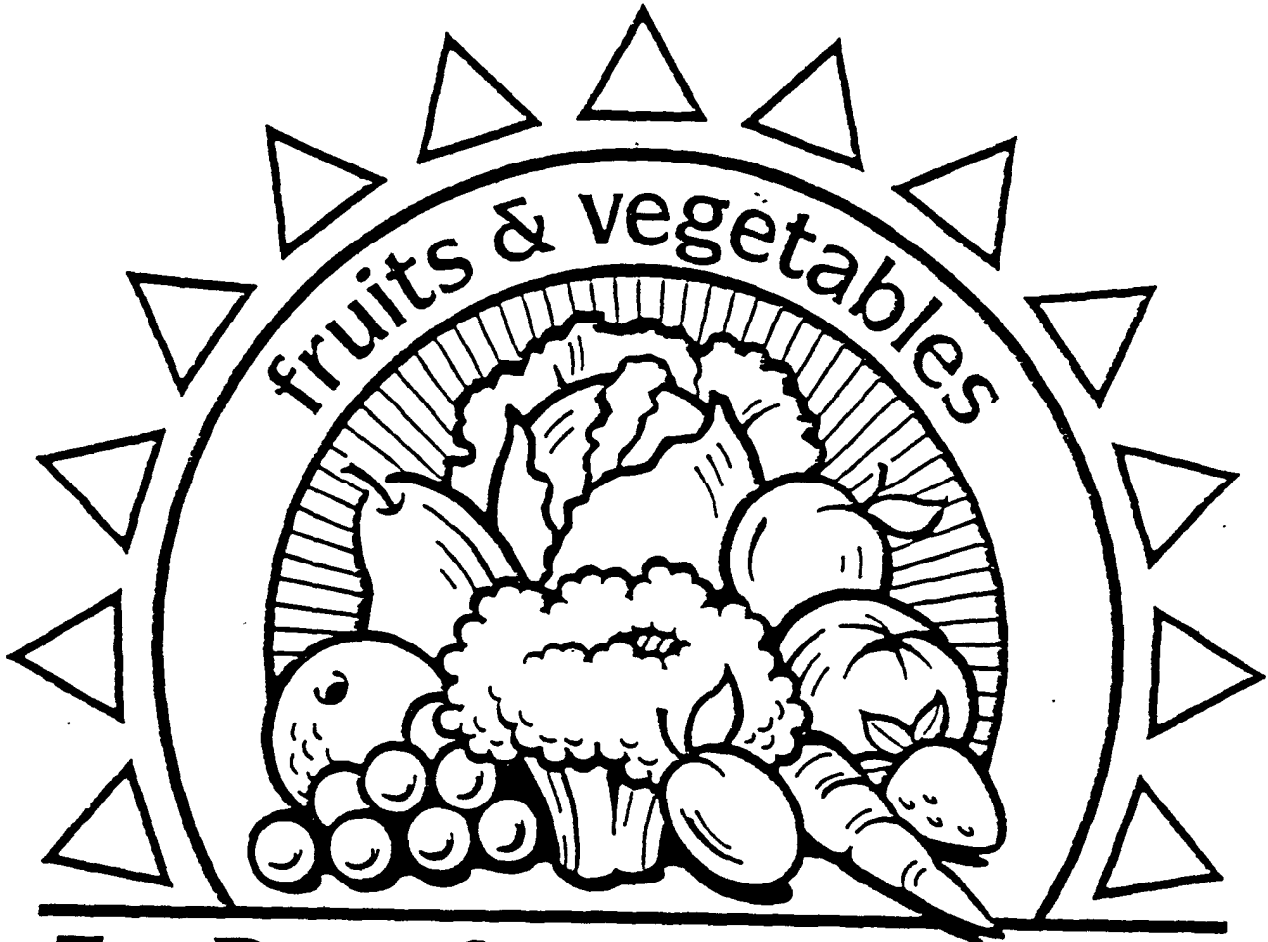
Orange



Banana

5 A DAY KIDS

Coloring Page



5 a Day - for Better Health!



It's Cool to be a

5 A DAY KID!

Five a Day Kids know that healthy is cool. Being healthy means eating healthy foods like fruits and vegetables. It is best to eat five servings of fruits, vegetables, and 100% fruit juice every day. Junk food snacks give you little or no vitamins or minerals. So when a family or church member offers you fruits or vegetables, just say "thanks" and get a taste of five a day. That's what being a Five a Day Kid is all about! Try some of the recipes on the 5 a Day Kids Recipe Page.

Seven words from the message above are scrambled in the box below. Can you unscramble them?

EFVI _____

GTVBEELEA _____

MANIVIST _____

EJCIU _____

NCASKS _____

IRFUT _____

LHAEHYT _____



A TASTE OF 5 A DAY

Suggested Activities:

The following are activities your Nutrition Action Team may want to try with your church family. Many of them are things especially for the children, but there is something that everyone can do as we celebrate "A Taste of 5 a Day".

- ✎ Hold a coloring contest for the younger children using the "5 a Day Kids" Coloring Page. Give small prizes (such as a sticker or piece of fruit) to all the children who participate, but award larger prizes to winner(s). Distribute the "5 a Day Kids" word scramble puzzle and recipes to the older children of the church.
- ✎ Think about how you will purchase and distribute the "A Taste of 5 a Day" cookbooks, Enclosed are inserts announcing the release of the cookbooks that you can place in your church program, if you wish. Complete the sentence at the bottom of the bulletin insert ("To get your copy, _____") with instructions for your church members to follow.
- ✎ Distribute fresh pieces of fruit and pencils on the Sunday before school begins for "5 a Day Lunch Boxes". Encourage parents to put a serving of fruit and vegetables in their children's lunches every school day.
- ✎ Hold a "cookbook signing": Have each person who has a recipe printed in the cookbook sit at a table and autograph church members' cookbooks.

Bulletin Board Ideas:

- ✎ Post the artwork of the children who participated in the coloring contest suggested above.
- ✎ Post a photograph of each of the Cookbook Committee members and/or those who have recipes printed in the "A Taste of 5 a Day" cookbook on the board to recognize their good work.



August



1996

1996

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>The Black Churches United for Better Health Cookbook, "A Taste of 5-A-Day", is here. The cookbook would not have been possible without the hard work of the Cookbook Chairpersons and the many recipes submitted by church members. Use the cookbook as your personal guide to cooking the 5-a-day way. What better way to lower your risk of getting cancer than by preparing (and eating) the delicious 5-a-day recipes found in this cookbook!!</p>				1	2	3
4	5	6 Ask your child to help prepare tonight's dinner.	7	8	9	10 Peaches are in season! Enjoy them sliced on your cereal.
11	12 Try a new whole grain bread or cereal.	13	14	15 Have you turned in your NAT Monthly Report?	16	17
18	19	20	21	22	23	24
25 Celebrate "A Taste of 5-A-Day." Prepare cookbook recipes for your church dinner.	26	27	28 Fix a cool summer salad for lunch.	29	30	31



August



1996

1996

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>The Black Churches United for Better Health Cookbook, "A Taste of 5-A-Day", is here. The cookbook would not have been possible without the hard work of the Cookbook Chairpersons and the many recipes submitted by church members. Use the cookbook as your personal guide to cooking the 5-a-day way. What better way to lower your risk of getting cancer than by preparing (and eating) the delicious 5-a-day recipes found in this cookbook!!</p>				1	2	3
4	5	6 Ask your child to help prepare tonight's dinner.	7	8	9	10 Peaches are in season! Enjoy them sliced on your cereal.
11	12 Try a new whole grain cereal or bread.	13	14	15	16	17
18	19	20	21	22	23	24
25 Celebrate "A Taste of 5-A-Day". Prepare cookbook recipes for your church dinner!	26	27	28 fix a cool summer salad for lunch.	29	30	31

5 A DAY KIDS

Get

A TASTE OF 5 A DAY!

Fruits & Veggies

A HEALTHY VALUE



Many people say that fruits and vegetables cost too much. Compare the prices of some popular snacks and drinks to the cost of fruits, vegetables, & juices. Then check out how much nutrition you get for your money. From time to time, everyone eats the kinds of snacks in the top chart. However, our goal is to move toward eating more of the foods from the bottom of the Food Pyramid (including fruits & vegetables) and less of the foods at the top.



FOOD	PRICE*	CALORIES	FAT (Grams)	FIBER (Grams)	VITAMINS A & C % DV
Snickers Candy Bar	\$0.50	280	14	0	0% A, 0% C
Potato Chips (1.75 ounce "Grab Bag")	\$0.69	262	17.5	1.5	0% A, 20% C
Chocolate Chip Cookies (2 large)	\$0.63	260	14	1	0% A, 0% C
Pepsi Cola (16 ounces)	\$0.69	200	0	0	0% A, 0% C



Apple (large, 8 ounce)	\$0.45	120	0	6	2% A, 22% C
Baked Potato (medium, 6 ounce)	\$0.35	125	0	2	0% A, 30% C
Sour Cream (2 Tablespoons)	\$0.07	45	3	0	--
Strawberries (1 cup)	\$0.73	50	0	3.5	0% A, 141% C
Juicy Juice (16 ounces)	\$0.57	280	0	0	0% A, 240% C

*Prices observed July 1996 %DV = Percent of Daily Value



February



1996

1996

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>As Black History month, February reminds us to think about our African roots and their influence on the foods we eat today. The traditional African American diet is rich in a variety of foods including fruits, vegetables and grains like rice and cereal. This month encourage your church family to take pride in black heritage and follow the traditional African American diet. Even better - learn how to grow their own fruits and vegetables through Cooperative Extension's Specialized Master Gardener classes.</p>				1	2 Make sure recipe entries for Black Churches United for Better Health Cookbook have been turned in!	3
4	5	6	7	8	9	10
11	12	13	14	15 Is your January Progress Report turned in yet?	16	17
18	19	20	21	22	23	24
25	26	27	28	29 Make sure your January progress report is turned in.	<p>5 a Day Ideas:</p> <ul style="list-style-type: none"> Celebrate Black History month by holding a potluck taste testing of traditional African American foods! 	

Keep the Pride -- Stay with Five!



February



1996

1996

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
<p>February is Black History Month! Take pride in our heritage by eating the traditional African American diet which is rich-in a variety of foods including fruits, vegetables, and grains! Even better -- learn how to grow your own by becoming a Specialized Master Gardener through Cooperative Extension!</p> <p>Remember - Keep the Pride and Stay with Five!</p>				1	2 Last chance to turn in a recipe for the <i>Black Churches United for Better Health</i> Cookbook!	3
4	5	6	7	8	9	10
11	12	13	14 Valentine's Day -- Give someone you love a basket of fruit!	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	<p>Did You Know? People who get in the habit of eating fruits and vegetables when they are children are more likely to eat fruits and vegetables when they are older. So, set a good example for your children so they'll get into the habit now, <u>and</u> eat more fruits and vegetables later!</p>	

Keep the Pride and Stay with Five!

Keep the Pride

==

Stay with Five!

**Keep the
Pride--**

**Stay with
Five!**

SEPTEMBER

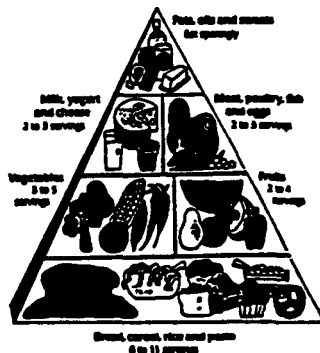


Nutrition Fact Sheet Balance is Beautiful

The second week of September is National 5 a Day Week, so take the 5 a Day challenge by making a point to eat more fruits and vegetables every day. But as we focus on the 5 a Day lifestyle, let's not forget that eating five fruits and vegetable servings daily is a part of a larger plan for eating...The Food Guide Pyramid. The Food Guide Pyramid tells us that a balanced diet also contains foods from the bread and grain, meat and protein, and dairy groups with limited amounts of fat and sugar. Just like the parts of the church body, all the food groups play an important role. When the parts are in harmony, it's a beautiful thing. Take another look at the Food Guide Pyramid this month and discover ways to find and keep that healthy harmony. Balance is beautiful!

▲ *"Please explain the Food Guide Pyramid to me again."*

The Food Guide Pyramid is a diagram that divides foods into six different groups. The groups are: Breads and Cereals, Fruits, Vegetables, Meat & Proteins, Milk and Dairy, and Fats & Sweets. The pyramid also shows how many servings of each food group we should eat each day. The foods we should eat the most number of servings of (Bread & Cereal at 6 - 11 per day) are pictured at the bottom or widest part of the pyramid like the foundation of a house. The foods we should eat least (fats & sweets) are at the top - the narrowest tip, which means that they can be enjoyed in smaller amounts. But, like the roof of a house, if this part is too heavy, it will collapse. The other food groups are ranked in between.



▲ *"They say most Americans eat too much fat. Where is the fat in my diet?"*

Fat is often added to other foods in cooking or processing. Here are some tips for lowering your total fat intake: 1) Try to limit cooking or eating fried foods. Most meats naturally contain fat, but when cooking meats, pour off the fat and throw it away. Choose leaner meats to start with. 2) Use lean meats such as smoked turkey or ham rather than fat meats to season vegetables. 3) Also eat less of these fatty foods: Mayonnaise, creamy sauces, butter or margarine, ice cream, snack chips, donuts, cakes, and nuts. (Many low-fat versions of these foods are also available.) Ask a Nutrition Action Team member for a copy of the helpful booklet "Tips on how to...Eat Less Fat."

▲“Keep up the fiber, keep down the fat, keep up Vitamin A, keep down the sodium...It seems so complicated.”

The beauty of the Food Guide Pyramid is that you don't need to look so closely at the nutrients you eat, but rather the foods you eat. By eating the recommended number of servings from each food group, you are almost sure to get the right amount of nutrients and other substances your body needs to fight cancer and other disease. As long as low-fat foods are chosen, most people can eat all of those servings without gaining weight.

But it is sometimes tricky limiting fat, sugar, and sodium, because very often they are a part of other foods. Also, many people add fat or sodium in cooking or at the table. For example, if you choose hot dogs as a meat, you will get extra fat and sodium along with your meat. If you cook turnip greens in fatback and add salt at the table, you are adding fat and sodium to your vegetable servings.

To learn simple ways to a beautifully balanced diet, ask a Nutrition Action Team member for the booklet “Action Guide for Healthy Eating.” It contains practical help for following the National Cancer Institute's Dietary Guidelines.

NATIONAL CANCER INSTITUTE DIETARY GUIDELINES
Reduce fat intake to 30 percent of calories or less.
Increase fiber to 20-30 grams/day with an upper limit of 35 grams.
Include a variety of fruits and vegetables in the daily diet.
Avoid Obesity.
Consume alcoholic beverages in moderation, if at all.
Minimize consumption of salt-cured, salt-pickled, and smoked foods.

SEPTEMBER

Bulletin Board Ideas:

Activity Ideas:



Balance is Beautiful!

Suggested Activities:

The week of September 8-14 is National 5 a Day Week! Below are some suggestions for recognizing 5 a Day Week plus some ideas for reminding your church members that balancing their diets is as important as eating five fruits and vegetables daily.

- ▲ During your church announcements, declare National 5 a Day week and encourage church members to Take the 5 a Day Challenge. Materials for National 5 a Day Week are included in this packet. Also enclosed is a poem by a gifted NAT member which can be read to the church family during announcements. (This should be done on Sunday, September 8.)

- ▲ Create a Food Pyramid of real foods! On a large table, display foods from each food group along with display cards telling how many servings daily is needed from each food group. For example, place 6-11 bread/cereal foods together on the table; place two fruit and three vegetables on the table, etc. To make the display truly beautiful, choose foods with pretty contrasting colors and textures. (Hint: For the meat/protein and dairy groups, you may want to use empty containers, dry foods or canned foods since they don't need to be refrigerated. For example, canned tuna, nuts, milk cartons, etc.)

- ▲ Encourage church members to enjoy this year's harvest of apples and muscadine grapes - North Carolina's special September harvests! Distribute the recipes and coupons that your Project Coordinator will receive this month.

Bulletin Board Ideas:

- ▲ Display this month's Nutrition Fact Sheet and the 8 1/2 x 11 inch Food Guide Pyramid poster on the board. The back of the poster contains useful information on topics such as calories and serving sizes. Display that side as well.

- ▲ Display the enclosed promotional posters for North Carolina apples and muscadine grapes that your Project Coordinator will receive this month.

Celebrate National 5 a Day Week!

5 a Day Poem

There is no way possible
That we can lose,
When we take the time
To carefully choose,
Five servings a day of vegetables and fruits,
Researched and Studied
By the Cancer Institute.
If an apple, they say,
Will keep the doctor at bay
Think what it means
Eating 5 servings a day!
Uniting ourselves
To better our health,
Decreasing the odds
On our rate of death.
Remember you are making
Healthful selections!
Just start and continue
These important directions!
5 servings a day, for
Better health,
A decision you have made
To take charge of yourself.
It's as simple as counting
Up to five!
important enough, to
Stay alive!

*by Ms. Catherine Turner
New Calvary Baptist Church
Elizabeth City, NC*

This poem should not be copied or reproduced for any use other than to promote the 5 a Day for Better Health Project.

5 A DAY FACTS

DID YOU KNOW...

Only juices labeled "100% Fruit Juice" can be counted as a fruit serving?
(Per 6 ounce serving)

Drinks that say "Fruit Juice Drink", "Juice Cocktail", or "Juice Beverage" do not contain enough juice to count as a 5 a Day drink. Some examples of drinks that are NOT fruit servings are:



Kool-Aid
Hi-C
Hawaiian Punch
Sunny Delite
Five Alive



That's a Fact!

Enjoy
**NORTH CAROLINA
APPLES and SCUPPERNONGS**

"NOW IN SEASON"

for LESS!

See your NAT members for coupons to save \$\$\$ and get some great recipes. Another way to eat 5 a Day for Better Health!



TAKE THE 5 A DAY CHALLENGE

Write down what fruits and vegetables you eat through the week and add them up to see how easy it is to meet the 5 A Day Challenge to eat five or more servings of fruits and vegetables each day.

	BREAKFAST	LUNCH	SNACK	DINNER	SNACK	DAILY TOTALS
Sept. 8 SUNDAY	+ _____	+ _____	+ _____	+ _____	+ _____	= _____
Sept. 9 MONDAY	+ _____	+ _____	+ _____	+ _____	+ _____	= _____
Sept. 10 TUESDAY	+ _____	+ _____	+ _____	+ _____	+ _____	= _____
Sept. 11 WEDNESDAY	+ _____	+ _____	+ _____	+ _____	+ _____	= _____
Sept. 12 THURSDAY	+ _____	+ _____	+ _____	+ _____	+ _____	= _____
Sept. 13 FRIDAY	+ _____	+ _____	+ _____	+ _____	+ _____	= _____
Sept. 14 SATURDAY	+ _____	+ _____	+ _____	+ _____	+ _____	= _____

A FEW IDEAS FOR:

BREAKFAST

- 100% juice
- Fruit on cereal
- Apple on the go
- Dates
- Grapefruit
- Fruit w/ low-fat yogurt

LUNCH

- Baked potato
- Salads
- Banana
- Peach
- Bean or split pea soup

A SNACK

- Cantaloupe wedge
- Raisins or prunes
- Vegetable strips
- Pear
- Orange

DINNER

- Salad
- Cauliflower
- Cooked greens
- Vegetable stir fry
- Steamed broccoli
- Strawberries and pineapple for dessert

A SNACK

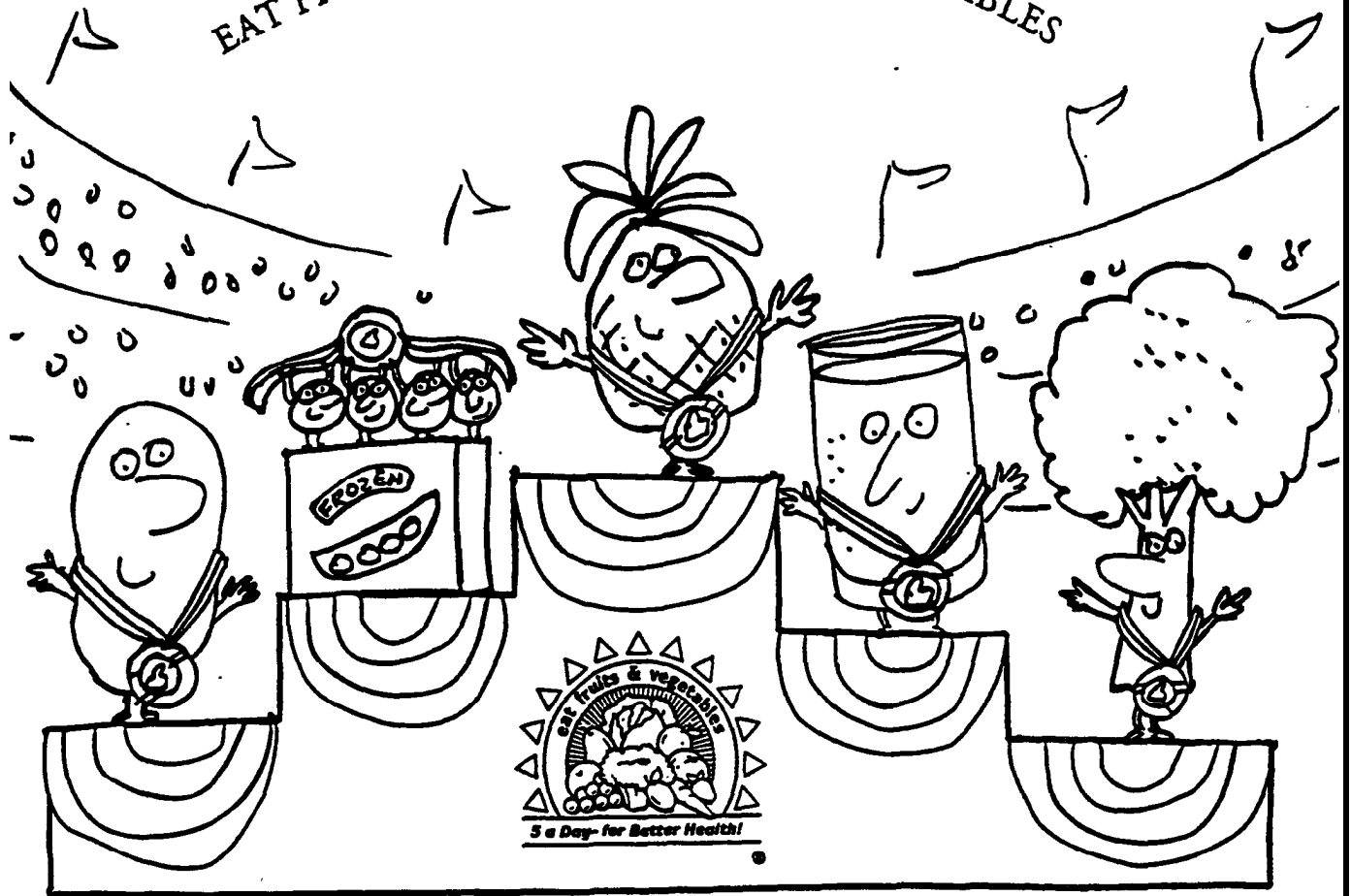
- Baby carrots
- Celery sticks
- Tangerine
- Melon
- Grapes
- Strawberries
- Dried fruit

WHAT COUNTS AS A SERVING? According to the National Cancer Institute, sponsor of the 5 A Day for Better Health program, one serving size is defined as: 3/4 cup (6 oz.) 100 percent fruit or vegetable juice; one medium fruit (e.g., apple, orange, banana, pear); 1/2 cup cut-up fruit; 1/2 cup raw or cooked vegetables; 1/4 cup dried fruit (e.g., raisins, apricots, prunes); 1 cup raw, leafy vegetables; 1/2 cup dried, cooked or canned peas or beans.

TAKE THE 5 A DAY CHALLENGE

5 A DAY KIDS
Coloring Page

EAT FIVE SERVINGS OF FRUITS & VEGETABLES



IT'S THE WINNING WAY!

National 5 A Day Week
A message brought to you by the National Cancer Institute

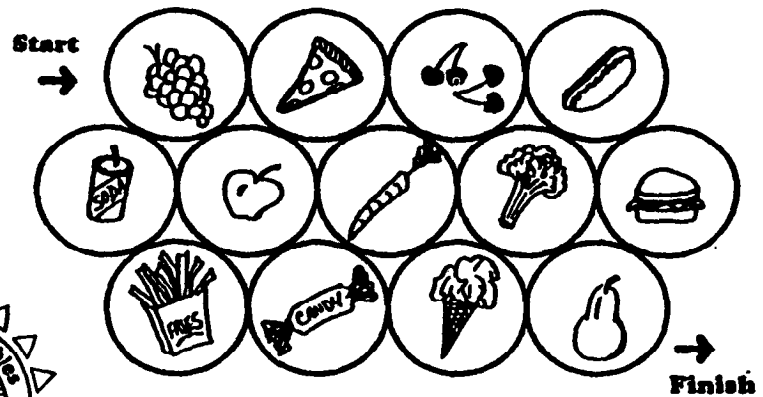
Veggie Scramble!

How many of these vegetables can you unscramble?

- 1) prasgusaa _____
- 2) chuniizc _____
- 3) topioa _____
- 4) starorc _____
- 5) chinsap _____

Skip the Junk!

Step only on those circles with healthy foods in them to make your way to a healthy finish!



The 5 A Day Maze



Fruit Scramble!

How many of these fruits can you unscramble?

- 1) srisian _____
- 2) tuiRTwiik _____
- 3) onamg _____
- 4) mulp _____
- 5) anbaane _____



September



1996

1996

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Labor Day	3	4	5	6	7
8 National 5-A-Day Week begins. TAKE THE 5-A-DAY CHALLENGE!	9	10	11	12 Final Survey begins.	13	14 National 5-A-Day Week ends.
15	16	17	18 Pack fresh fruit in your lunch.	19	20	21
22	23 Try a new recipe from "A Taste of 5-A-Day."	24	25	26	27 Remember to use your apple and muscadine grape coupons before they expire.	28
29	30	<p>In September, the heat of summer begins to break, and soon the leaves will begin their annual change into the beautiful colors of autumn. As the Lord gives us wonderful balance in nature, we must also seek balance in our lives. He has provided us with many choices in every aspect of living, including in the foods we choose. It is up to us to choose thoughtfully to achieve a balance that will provide our bodies with the nutrients we need keep us healthy. During September, allow yourself to take in the beauty of all that the Lord has given us and strive to make food choices that will achieve the balance He desires for us. Remember, balance is beautiful!</p>				

Balance

is

Beautiful.

Celebrate
NATIONAL
5 A DAY
WEEK!

Take the

5 a Day

Challenge!

October



5-A-Day: The Good News for Better Health Nutrition Fact Sheet

Cancer is a disease that threatens the lives of many African Americans each year. By learning more about cancer prevention, we can make changes in our lives that may decrease our chances of getting this disease. Studies have shown that the foods we choose can make a difference in our health. We look to the scriptures as the guide God has given us for how we should live our lives. They give us daily encouragement and advice on living. Not only has God provided us with a guide for daily living, but He has blessed us with knowledge of how to improve our health. The good news about cancer is that by eating a total of 5 servings of fruits and vegetables each day we can lower our cancer risk. Each day we can make food choices that can keep us in good health. During October, share in the good news about cancer prevention-5-A-Day: The Good News for Better Health!

Remind me again, what is a serving size?

A “serving” is the portion size used by the National Cancer Institute to measure how many fruits and vegetables you eat toward your 5-a-day goal. Knowing what a serving size is for the fruit and vegetables you eat is important. You may be getting more or fewer servings than you think. Remember too that there is a difference between a “serving” and a “helping.” Your “helping” may be more or less than one “serving.” The table below lists the serving sizes you need to know to decide if you are getting your 5-a-day.

One Serving of Fruit	One Serving of Vegetable
1 medium piece of fruit	1 cup raw leafy greens
1/2 cup cooked fruit	1/2 cup cooked vegetable
6 ounces of 3/4 cup 100% juice	6 ounces or 3/4 cup vegetable juice
1/4 cup dried fruit	1/2 cup raw vegetable
1/2 cup raw fruit	

Is it O.K. to eat more than 5 servings a day of fruits and vegetables?

YES! Once you are familiar with the serving sizes, you may find you are eating six, eight, or even ten servings on some days. 5-a-day is great, but you may find with a little planning you can do even better. Try the exercise “How Does My Plate Rate?” on page 11 of the “Up Where We Belong” guidebook to add your servings up. (See a member of your church’s Nutrition Action Team to get a copy of the guidebook.)

Do I always have to eat fresh fruits and vegetables?

No, not always. While fresh fruits and vegetables are a great way to get your 5-a-day, canned and frozen fruits and vegetables also count toward your goal. With the summer's supply of fresh fruit and vegetables coming to an end, stock up on canned vegetables and fruit packed in their own juice or in water. Drain and rinse canned vegetables to lower the sodium content or buy vegetables labeled "Low Sodium." Fill your freezer with a variety of frozen vegetables and frozen juices. Keep in mind that some fruit and vegetables are plentiful (and cheap) during the fall and winter. Choose apples, winter squash, and sweet potatoes as the bargains for the seasons to come. Dried fruits are also excellent to get to your 5-a-day goal. Try boxes of raisins or prunes, or experiment with dried apricots or other dried fruit.

I like only a few fruits and vegetables. Do I have to eat 5 different fruits and vegetables each day?

No. Although variety is important, the key to preventing cancer is to get your 5-a-day every day. If you have a few favorite fruits and vegetables, include them in your daily diet. If you want to expand the variety in your diet, do it slowly; don't let one bad experience "sour" your decision to try new foods. Try the recipes in "A Taste of 5-A-Day," the Black Churches United for Better Health Cookbook for "down home" ways to prepare your favorite fruits and vegetables. However you meet your 5-a-day goal, you're on the road to better health in the future.

My kids love fruits and vegetables. Are their serving sizes the same as for an adult?

This will depend on the age of the child. Typically the serving sizes for young children between the ages of one and three years old are about half an adult serving size-1/4 cup of cooked or raw fruits and vegetables or 3 ounces of juice. For kids between the ages of three and five years old generally a serving size of 1/4 cup to 1/2 cup of cooked or raw fruits and vegetables and 3 to 6 ounces of 100% juice is recommended. You may want to offer half the adult portion and give seconds if the child asks for more. Remember, kids love finger foods liked sliced fruits, pieces of steamed vegetables, and raisins. (Avoid giving hard raw vegetables to children less than three years of age; they may cause choking.)

Can I get all of my servings from juice?

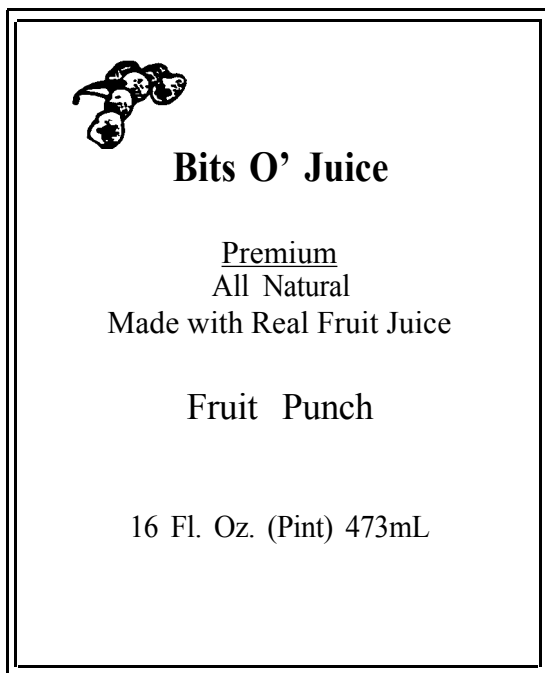
100% fruit juices and vegetable juices can add to your 5-a-day, but they do not provide the fiber that aids in constipation and lowers your risk of certain types of colon cancers. Try to keep fruits and vegetables in good supply to meet your 5-a-day goal. They are best to get the essential nutrients, fiber, and other cancer-fighting substances that are so important. When choosing juices, read the label carefully to know exactly what you are buying. See "The Fruit Juice Maze" on pages 3 and 4 of this fact sheet for more information on reading labels.

The Fruit Juice Maze

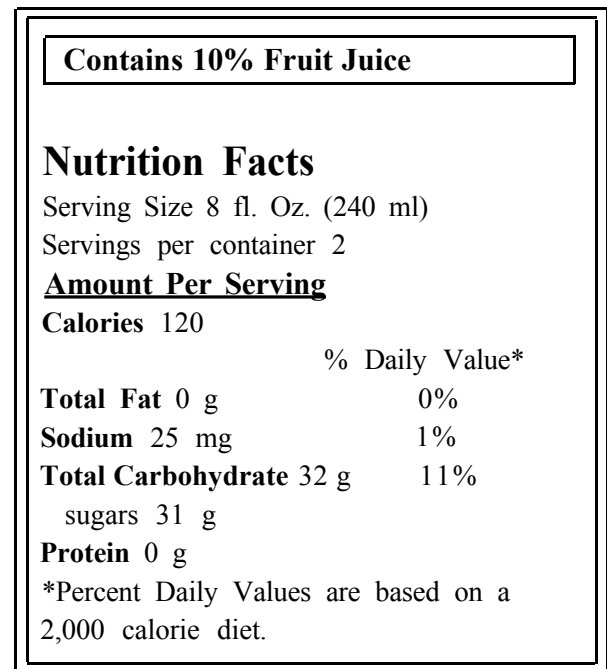
Most of us enjoy fruit juices either as a refreshing way to start the day or as an alternative to other beverages. However, finding your way to a juice that will count as a 5-a-day serving and provide you with some important nutrients can be a challenge. Many so called “juices” are mostly water, sugar, and flavorings. Reading labels is one way you can learn more about the juice you buy. Juice manufacturers are required to put on the label how much juice a product contains, yet they still make it tricky to find out how much juice you are actually getting. If you know what to look for, reading labels can help you find your way through the “Fruit Juice Maze”.

Below is a label from a juice product that may lead you to think it is 100% juice from the label on the front. However when you look at the back, above the “Nutrition Facts”, you see that the “juice” contains only 10% juice. This product does not count as a complete 5-a-day serving because a 6 ounce serving must contain 100% juice.

Front



Back



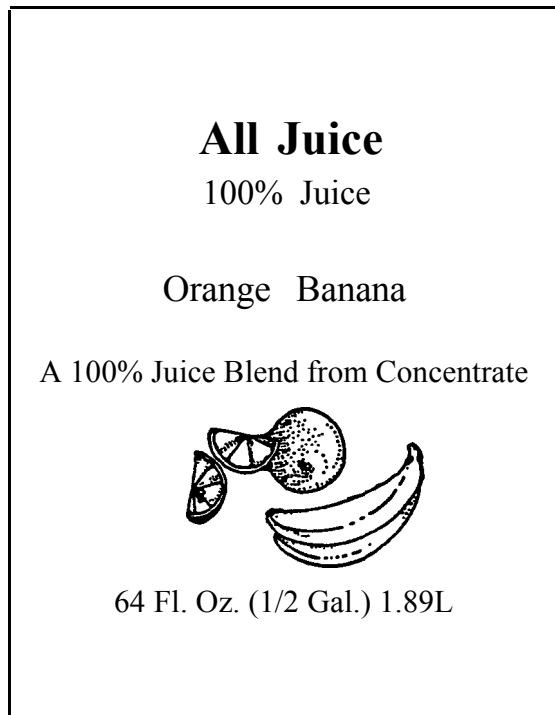
Check the labels carefully for words such as:

- “Fruit Juice Drink”
- “Fruit Juice Cocktail”
- “Flavored Juice Beverage”
- “Fruit Flavored Drink”
- “All Natural”
- “Made with Real Fruit Juice”

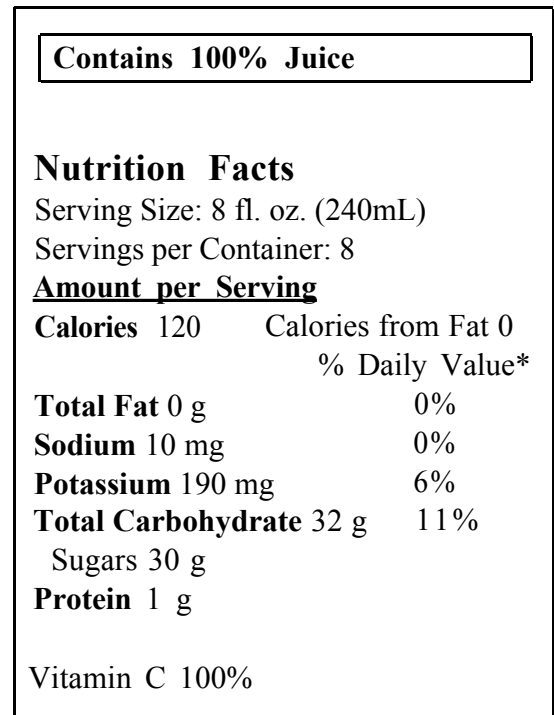
All or a combination of these words tell you that what you are buying may be mostly water and sugar with some flavorings or colorings added!

Here is a label from another juice product.

Front



Back



Most manufacturers want you to know their product is 100% juice and put those words on the front label; others don't, so check the back label. You can see that just above "Nutrition Facts" on the back label are the words "Contains 100% Juice." These words are your key to knowing that what you are buying is real juice, not water and sugar. Though most juices use 8 ounces as the serving size, you can be sure that because this juice is 100%, you're getting a 6 ounce 5-a-day serving of 100% juice! Some 100% juices even have the 5-a-day logo on the label.

(Remember: If you can't seem to find the percent juice quickly, it's probably not 100%!)

Now you have what you need to find your way through the "Fruit Juice Maze!"

October

Bulletin Board Ideas:

Activity Ideas:

Good News: 5 A DAY is (Still) Here

God created five a day long before man gave it a name. These days God still provides fruit from the same types of trees and vegetables from the same types of crops that He did when He first created the earth. This is good news! Why is this good news? Because eating a total of five servings of fruits and vegetables each day can:

- ◆ lower your risk of getting cancer,
- ◆ help you manage your weight, and
- ◆ provide fiber or bulk to the diet that:
 - may help lower cholesterol;
 - prevent constipation; and
 - help control blood sugar in diabetes (if combined with a lowfat diet).

**Be a blessing to others and tell them
the good news of 5-A-Day!**

Place a recipe here
from "A Taste of 5 A Day" cookbook
that was submitted
by one of your church members.

Use as a bulletin insert.



5 a Day: The Good News for Better Health!

Suggested Activities:

The following are activities you may want to do to spread the good news about 5 A Day!

- ◆ Have a “Spread the Good News” day at your church. Have a program that centers around 5 A Day. Challenge your fellow church members to bring a friend who may not know about the importance of 5 A Day. Have a small repass consisting of fruits and vegetables after the program.
- ◆ Have a taste testing of recipes in the Black Churches United for Better Health Cookbook. In addition to your church members, you may want to invite family members and friends who need to know more about 5-a-day and distribute the October Nutrition Fact Sheet to them.
- ◆ On each Sunday that your church meets, make it a special point to tell visitors about 5 A Day. With your pastor’s permission, you may want to take a moment during the welcoming of the visitors to share this information. You may also want to hand out fruit to the church visitors.

Bulletin Board Ideas:

- ◆ Place the title, “I’ve Got a (5 A Day) Testimony” on the board in cut out letters. You may also want to place musical notes around the title. In smaller letters put, “I can truly say that (because of 5 A Day) I’ve been blessed...” Have some of your church members share their personal 5 A Day testimonies. Type them up and place them on the board. Use whatever background colors you feel are appropriate. You may also want to place the picture of the person who supplied the testimony beside it (with the person’s permission).
- ◆ Place the title “Good News” at the top of the board. Place a picture of a Bible in the center of the board. Around it, place scriptures related to family, good health; children, work ethics, fruits and vegetables, etc. Use any colors you feel are appropriate.

(Don’t forget to share photographs of your boards with us!)



October



1996

1996

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Eating a total of five servings of fruits and vegetables each day can lower your risk of getting certain cancers. This is "good news" everyone should know. During October, make a point of sharing your knowledge about 5-a-day--the good news for better health.		1	2	3	4 Remember to use your apple and muscadine grape coupons before they expire.	5
6	7 Bake sweet potatoes for dinner.	8	9	10	11	12 Columbus Day
13 Try a new recipe from "A - Taste of 5-A-Day."	14 Columbus Day Observed	15 Have you turned in your NAT Monthly Report yet?	16	17	18	19
20	21	22	23 Have fruit for dessert.	24	25	26 Ask your child to help prepare tonight's dinner.
27	28	29	30	31 Halloween		

5-A-D Day:

**The
Good News**

for

Better

Health

I Have a

(5-a-Day)

Testimony



I can truly say that

(because of 5-A-Day)

I've been blessed...



November

A Harvest of Good Health Nutrition Fact Sheet

During November, we take special time to give thanks for all blessings the Lord has given us. The Thanksgiving holiday is often a time for fellowship with family and friends and for sharing our favorite foods. Holiday meals are a good time to eat plenty of fruits and vegetables like sweet potatoes, collards, apples, and cabbage, along with the other traditional holiday foods. Remember, as always, balance is key. During the upcoming holiday season, let us give thanks for the bounty of 5-a-day foods He has provided and enjoy “A Harvest of Good Health.”

□ Our family dinners often include lots of vegetables, but no fruits. How can I get more fruits at our holiday table?

The fall season brings a harvest of crisp apples, juicy oranges, and sweet kiwi. Serve a fruit salad of apples, grapes, and bananas as an appetizer. Mix fruits with your favorite vegetables in casseroles like apples or canned pineapple with sweet potatoes or carrots. Make fruit-based desserts like apple crisp or fruit cobblers using out of season fruits canned in their own juice. Your guests will enjoy the warmth of apple cider as a beverage or make ice cubes of fruit juice to add to your favorite holiday punch made from 100% juices. Decorate your table with a fruit bowl or basket as a centerpiece. Also, check out your copy of “A Taste of 5 a Day” for more recipe ideas using fruits this holiday season.

□ Is it O.K. to splurge a little at the holidays with foods I really love?

There are certain foods that we eat at the holidays that are special to us. Foods often trigger special memories. It may be your mother’s pound cake, your grandmother’s coconut custard pie, or your own special recipe for pumpkin pie. Whatever your special food is, you can enjoy it occasionally. Remember, the key to a healthy diet is balance and moderation. If you want to have a piece of pie or cake, have one, but make it a small one. Eat it slowly and really appreciate the taste of the food. By allowing yourself to splurge a little, it may keep you from the whole pie later. You may want to try a few small changes to make your favorite holiday recipes healthier like using reduced fat or nonfat sweetened condensed milk or 2 egg whites instead of the usual whole egg. Look on page 113 of “A Taste of 5 a Day” in the section titled “Making Your Way to 5 A Day: A Guide to Modifying Recipes,” for more tips on making your favorite recipes healthier. You may find that with some of these ideas you make even your mother’s pound cake recipe a little bit healthier.



❑ How do I politely say “no” to foods that are prepared in ways that I know are not good for me?

This can be a very touchy subject, especially if the food has been prepared just for you. Some African Americans, young and old, who are not aware of the health consequences of eating a high-fat, high sodium, high cholesterol diet still season their vegetables with ham hocks, bacon drippings, and fatback. If you have been invited to a dinner and the foods are prepared differently from how you are now preparing them, you may want to:

- eat a small portion of the food and then share what you know about other methods to season vegetables such as with smoked turkey legs or bouillon cubes. Ask if the person has heard about 5-a-day and, if not, use the opportunity to explain the program to them so that they might begin to learn.
- thank them for thinking about you and only taste a small portion, explaining that you have changed your eating habits because of the 5-a-day program and are unable to tolerate foods prepared with a lot of fat.
- share with the person that you are on a special diet for high blood pressure or diabetes, if you are, and that you cannot eat many of the foods offered. Eat what you can and tell the person how much better you feel now that you are eating better for your health. You might also want to tell him/her about 5-a-day.

If you want more help, talk with a Lay Health Advisor at your church for more suggestions on how to say “no.” However you do it, the person will probably thank you for the information about 5-a-day and might even consider changing his/her eating habits as well.

❑ How can I make my Thanksgiving dinner healthier?

Begin your planning for your holiday meal by choosing dishes following the Food Guide Pyramid. Then use lowfat, low sodium ways to prepare them. The information below will guide you to a healthier Thanksgiving meal.

- | | |
|------------|--|
| Grains | <ul style="list-style-type: none">• Try a cornbread stuffing with lots of celery, onions, and chicken broth for flavor, instead of butter or margarine.• Offer whole wheat rolls as an option along with the usual dinner rolls. |
| Vegetables | <ul style="list-style-type: none">• Season your vegetables like string beans, collards, and cabbage with smoked turkey legs or low sodium bouillon cubes, instead of ham hocks or fatback.• Try sweet potatoes flavored with orange juice, cinnamon, nutmeg and a sprinkling of brown sugar, instead of lots of butter/margarine and marshmallows.• If sauerkraut is on your holiday menu, use lean turkey sausage to add flavor without the fat from regular sausage or pigtales. |

Fruits

- Offer baked or stewed apples as a side dish for variety.
- Make cranberry relish or sauce with fresh cranberries to go along with the meal.

Milk

- When preparing dishes with cheese, try replacing some of the cheese with a reduced fat cheese like in macaroni and cheese.
- Top your favorite dessert with lowfat frozen yogurt or lite whipped topping instead of the similar products high in fat.

Meats

Turkey Choose the breast meat for the lowest fat. Turkey can be roasted with herbs like sage, rosemary, thyme, and garlic just under the skin for added flavor, but remove the skin before you eat your meal. The legs, wings and thighs tend to be higher in fat.

Chicken The next best choice, if you bake or roast it. Stick with the breasts again for lower fat, if you remove the skin before you eat it. Try the same technique with the herbs as mentioned above. As with turkey, the other parts tend to be higher in fat.

Beef Choose leaner cuts such as eye of round, top round, and beef tip round roast. Because they are leaner cuts, roasting, braising (cooking in a small amount of liquid), and marinating before cooking are the recommended ways of preparing these cuts.

Pork Choose cuts that are lean like pork tenderloin, top loin roast, and top loin chops. Roasting, stir-frying, or braising (cooking in a small amount of liquid) are good ways of preparing these cuts.

November

Bulletin Board Ideas:

Activity Ideas:

A Harvest of Good Health

Suggested Activities:

The following are activities you may want to do with your church family so that they all may share in the 5-a-day harvest of good health.

- ◆ Make this month Nutrition Action Team / Lay Health Advisor Awareness Month. Lay advisors are people to whom others turn for help and advice. Some of the lay advisors in your church have agreed to participate in the 5-a-Day project as Lay Health Advisors. Recognize the NAT / Lay Health Advisors in your church this month by placing their names in the bulletin or bulletin insert. On the bulletin, include comments about the roles of each group such as “The NAT have worked to plan and carry out activities to help the congregation learn more about the 5-a-day for Better Health program. The Lay Health Advisors meet regularly to discuss ways they can help church members overcome problems that may prevent them from eating 5 servings of fruits and vegetables.” Also, ask your pastor if he/she would have the NAT and Lay Health Advisors stand as separate groups during a Sunday service so that others in the church will know who they are. (A list of the active Lay Health Advisors in each church is included with these materials.)
- ◆ Distribute the sweet potato bulletin insert with recipe and the sweet potato coupons to your church members on a Sunday close to Thanksgiving.
- ◆ Do a tasting of the cookbook recipes highlighted on the page “A 5-a-day Thanksgiving” and encourage your church members to include them at their holiday meal.

Bulletin Board Ideas:

- ◆ Make a Nutrition Action Team / Lay Health Advisor Awareness Month bulletin board with the names and pictures, if possible, of the Nutrition Action Team on one side and Lay Health Advisors in your church on the other. Under the names and photos, explain the role of each group for your church members. (Example: The Nutrition Action Team plans activities, provides refreshments and fruit baskets, does bulletin boards, etc. The Lay Health Advisors provide encouragement and support to church members, meet regularly to discuss ways to help church members eat more fruits and vegetables, etc.)
- ◆ Make “A Harvest of Good Health” bulletin board with pictures of fall fruits and vegetables such as apples, grapes, sweet potatoes, pears, winter squash, and carrots along with suggestions on how to prepare them for Thanksgiving. Use recipes from Cooking with Pizzazz classes or “A Taste of 5 a Day” to show your church members how to prepare these foods in healthy way.



A 5-a-Day Thanksgiving

Have a 5-a-Day holiday with these traditional Thanksgiving dishes from "A Taste of 5 a Day."

Appetizers, Soups, and Breads

Refrigerator Potato Rolls

Fruit Drinks/Beverages

Hot Spiced Apple Cider

Sparkling Fruit Punch

Salads

Cabbage-Carrot Raisin Salad

Ambrosia

Fresh Fruit Salad

Main Dishes

Macaroni and Cheese

Oven Fried Chicken

Fruit and Vegetable Side Dishes

Baked Apples

Candied Sweet Potatoes

Candied Yams

Collards Supreme

Old Fashioned Collard Greens

Steamed Cabbage

Sweet Potato and Apple Scallop

Vegetable Casseroles

Corn Pudding

Desserts

Apple Crisp

Apple Fantasia

Apple Strider

Light Apple Cobbler

One Cup Cobbler

Peach Cobbler

Spiced Apples

Sweet Potato Pies



5-a-Day Q & A

Are some fruits and vegetables better than others?

All fruits and vegetables provide vitamins, minerals and fiber. However, some have protective factors which make them especially important in lowering cancer risks.

Eat fruits and vegetables from each of these 3 groups every day:

Vitamin A Rich (dark green and deep yellow-orange fruits and vegetables):

sweet potatoes	cantaloupe	spinach
winter squash	carrots	pumpkin
tomatoes	greens	peaches
broccoli		

Vitamin C Rich:

strawberries	peppers	greens
tomatoes	kiwi	broccoli
citrus fruits	cauliflower	pineapple
melons	potatoes	

Cruciferous Vegetables (mustard/cabbage family):

cabbage	broccoli	cauliflower
turnips	collards	radishes
brussel sprouts	kale	



THE SEASON FOB SWEET POTATOES

Try this Vitamin A rich holiday recipe from
“A Taste of 5 a Day” at your Thanksgiving meal!

Sweet Potato Pies From the kitchen of William L. Spears New Light Missionary Baptist Church

5 cups sweet potatoes	1 teaspoon vanilla flavor
1 cup fat-free sour cream	1 teaspoon cinnamon
1 cup sugar	1 teaspoon allspice
4 egg whites	2 frozen pie shells (9” unbaked)
2 whole eggs	1 ½ cups 100% orange juice
1 small package vanilla instant pudding	

Preheat oven to 350°. Defrost pie shells. Wash potatoes, place in medium size pot with cold water. Boil about 30 minutes or until tender. Remove potatoes from boiling water, place in cold water in sink. When cool, peel potatoes and place in large bowl with sour cream and mash with a potato masher. Add sugar, egg whites, eggs, pudding mix, vanilla, cinnamon, and allspice. Mash. Add orange juice and stir with a large spoon. Put into two unbaked pie shells, Bake for 35 to 40 minutes. Yields 12 helpings (1/6 of pie).

Calories 362, Fat 8 g, % Calories from Fat 20, % Calories from Saturated Fat 5, Sodium 315 mg

Fruits & Vegetables: A HEALTHY VALUE

Fresh fruits and vegetables are an excellent way to get your 5-a-day and should be part of any balanced diet. Yet, during the busy holiday season **canned frozen and dried fruits and vegetables** can be a **quick, convenient** and **inexpensive** way to your 5-a-day. By keeping your pantry and freezer stocked with canned, dried, or frozen fruits and vegetables, getting your 5-a-day will be easier! Check out the chart below to see how many 5-a-day servings you can get for your money when you have these foods around!

Vegetables

Green beans
\$0.35/can



(10¢ per 5-a-day serving)

Baked beans
\$0.99/can



(17¢ per 5-a-day serving)

Frozen corn
\$0.79/can



(20¢ per 5-a-day serving)

Frozen turnips
\$1.09/lb.



(27¢ per 5-a-day serving)

= 17½
5-a-day servings

Total cost \$3.22

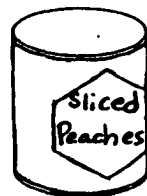
Fruits

Raisins
\$1.19/box



(20¢ per 5-a-day serving)

Sliced peaches
\$0.88/can



(25¢ per 5-a-day serving)

Unsweetened applesauce
\$1.39/jar



(27¢ per 5-a-day serving)

Juicy Juice
\$1.49/can



(19¢ per 5-a-day serving)

= 22%
5-a-day servings

Total cost \$4.95



November



1996

1996

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>November begins the holiday season when we take special time to thank God for the many blessings He has given us. The fruits and vegetables as well as the knowledge about their benefits to our health are truly gifts for which we can be thankful. During this season of sharing and fellowship, pass along the knowledge you have about 5-a-day for better health to your family or friends so that we all may share in the "Harvest of Good Health."</p>					1	2 Take a walk and enjoy the fall weather.
3	4 Pack fruit in your child's lunch.	5 Election Day	6	7	8	9
10	11 Veterans Day	12	13	14	15 Have you turned in your NAT monthly Report yet?	16 Add chopped apples or bananas to pancakes.
17 Try a new recipe from "A Taste of 5 a Day."	18	19	20	21	22	23
24	25	26 Don't forget to use your sweet potato--Ask a NAT member for one.	21	28 Thanksgiving Day	29	30 Using holiday leftovers to make soup? Add extra vegetables!



November



1996

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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17 Try a new recipe from "A Taste of 5 a Day."	18	19	20	21	22	23
24	25	26 Don't forget to use your sweet potato coupon--Ask a NAT member for one.	27	28 Thanksgiving Day	29	30 Using holiday leftovers to make soup? Add extra vegetables!

Nutrition

Action

Team

Lay Health

Advisor

Awareness

Month

5-a-Day:

A

Harvest

of Good

Health

**Black Churches United for Better Health
Active Lay Health Advisors
(based on attendance at meetings)**

Columbus County

Mt. Pilgrim

Mary Davis

Susan Pygatt

Little Wheel of Hope

Vivian Smith

Colene Stanley

New Light Missionary Baptist

Haywood McKay

Willis Nichols

Francella Thurman

Ironhill Highway Pentacostal

Leola Hawkins

Mt. Hebron AME Zion

Blondell Junious

Ola Pierce

Halifax County

Shiloh Missionary Baptist

Cora Swain

Evelyn Whitaker

Simmons Grove Baptist

Melvin Davis

Carrie Davis

Carolyn Battle

Dorothy Fleming

Louise Jones

London Baptist

Eliza Ann Bowser

Mary Brown

Pleasant Hill Baptist

Vera Gardner

Mary Della Moore

Linwood Moore

First Baptist-Halifax

Theresa Cheek

Cora Johnson

Northampton County

Bethlehem Baptist

George Jacobs

Alean Jacobs

Carolyn Williams

Virginia Lassiter

Roanoke Salem

Lola Ausby

Jesse Bowser

Evelyn Lee

First Baptist-Severn

Elizabeth Barnes

Lucille Jordan

Lauretta Joyner

Macedonia AME

Phyllis Branch

Mary Lou Dayd

Pamela Faison

Ella Mae Gattling

Joe Herman Harell

Doretha Lassiter

New Community Church of God

Laura Fleetwood

Minister Tony Edwards

Duplin County

St. Phillip AME

James Barnes

Raymond Best

Milton Mainor

Kema Boney

Ernestine Mainor

Bernice Thompson

Junior Williams

St. James AME Zion

Janice Wilson

Ethel Southerland

Raye Wilson

First Baptist-Chinquapin

Charles Wade

Rose Pickett

Mary Jones

Pasquotank County

New Calvary Baptist

Agnes Stevenson

Geneva Tyler

Rev. James White

Catherine Turner

Mt. Carmel Missionary Baptist

Melvia Proctor

Jackie White

Essie Hinton

Galilee Missionary Baptist

Hilda Gibson

George Johnson

Rosa Johnson

Oliver Jones

Ann Jones

Annie Nixon

Lois Sawyer

December



*The Reason for the Season:
A Celebration of Life*
Nutrition Fact Sheet

The Christmas season usually brings with it the hustle and bustle of the shopping for gifts, decorating, and visiting with our family and friends. But, as Christians, we know the true reason for the season. That reason is Christ's birth. God gave us the ultimate gift of life when He came in the form of Jesus Christ, but He also provides the fruits of life in the fruits and vegetables that we should eat everyday. This Christmas, discover the true reason for the season and celebrate the life that God gave us by remembering to stay healthy spiritually, mentally, and physically. "One thing you should know, wherever you go, HE IS THE REASON!"

❁ **I have been working hard to eat my 5 a day, but I would like to know about other ways I can lower my risk of getting cancer. Where can I go for more information?**

There are several sources that you can turn to for reliable information as you begin to learn more about other ways to lower your cancer risk.

- ① You can call the **Cancer Information Service at 1-800-4-GANCER** (1-800-422-6237). This service provides you with accurate, up-to-date information on cancer treatment and prevention for free: The Cancer Information Service also gives information on the latest cancer treatments, clinical trials to test new treatments and community services for patients and their families. Your questions are always welcome and all calls are confidential.
- ② **Your local health department** can be helpful for getting more information on healthy lifestyle habits that can lower your risk of getting cancer. Call your local contact person. This person can tell you about other services the health department provides to promote healthy behaviors.
- ③ **Your local Cooperative Extension Office** can provide you with suggestions for other ways to lower your cancer risk. Contact your local Cooperative Extension agent for more information.
- ④ **Your doctor** can give you information on lifestyle changes you **can** make to help you live healthier and lower your risk of getting cancer.

For other health resources, check out page 16 of the "Up Where We Belong" Guidebook. (If you do not have a copy of the guidebook, see a Nutrition Action Team member.)



✿ **Do I meet my 5 a day goal if I eat all five servings from fruits?**

Yes. Although it is recommended to get 5 servings of fruits and vegetables each day, occasionally you may not be able to get your 5 a day from both groups. Variety is encouraged, but if there are days when you do not have or cannot get both fruits and vegetables, it's ok. Make it your goal to get more variety the next day because the cancer-fighting nutrients that are so important are found in many different fruits and vegetables.

✿ **Folks are always telling me to watch the salt in my diet to be healthy. How much salt should I be eating?**

Sodium and sodium chloride-known commonly as salt-occur naturally in foods, usually in small amounts. They are also added to food in various ways: during processing, cooking, or at the table. In the 1995 "Dietary Guidelines for Americans", it is recommended that we eat no more than 2,400 mg of sodium per day. **This equals about 1 teaspoon of table salt each day.** Remember that this includes all the salt you eat in a day- including that added in processed foods and added during cooking or at the table.

To reduce your sodium intake:

- This holiday, eat fewer high sodium foods such as olives, pickles, chips and dips.
- Choose fresh or plain, frozen foods often.
- Cut back on highly processed foods, especially meats such as bacon, ham, sausage, and bologna.
Drain and rinse canned vegetables in water.
- **Buy** products labeled "low sodium", "very low sodium", "sodium free", "reduced sodium" or "no salt added".
- Try a salt substitute, spice seasoning blend like Mrs. Dash, or make your own blend by using the "Creative Salt Substitute" recipe below.

To get more information on the amount of sodium you are eating, read the "Nutrition Facts" labels on the foods you buy. These labels can give you a wealth of information not only about sodium, but also about other nutrients important for your health. Check out page 4 of this Nutrition Fact Sheet, "Just the Facts", for more information on reading food labels.

Creative Salt Substitute

Mix together and put in a shaker:

1/2 teaspoon cayenne pepper

1/2 teaspoon garlic pepper

1 teaspoon each:

basil

black pepper

mace

marjoram

onion powder

parsley

sage

savory

thyme

❁ Help! I need ideas for inexpensive gifts I can give this Christmas that will get my family and friends started on their way to better health.

Focus on what the person has been thinking about doing and tailor your gift to that.

If the person has been talking about starting to cook or eat healthier:

- Give a healthy cookbook, some new spices, or a fruit basket,
- Make a recipe from “A Taste of 5 a Day” and give it to him/her, with a copy of the recipe on a card they can put in a file box, or
- Give a small decorative jar of the Cranberry Chutney recipe on page 5 of this Nutrition Fact Sheet as a flavorful complement to the holiday turkey, instead of gravy.

For the person who has been talking about beginning to exercise:

- Give some cushiony socks, a bright, colorful t-shirt or sweatshirt,
- Give a neck scarf, mittens, or hat to keep important body parts warm during the winter months,
- Give him/her a walking guide to get the person started on the right foot,
- Give a personal calendar or diary that they can use to record their new healthy habits (You may want to include some rewards you will give throughout the year, if the person continues their new habits.),
- Give him/her the phone number to the local recreational facility,
- Enroll the person in an exercise class, (You may want to join with them to offer support.) or
- Offer to set aside a few times during the week to do an activity of their choice with them.

***(Always check with your doctor before beginning any exercise program.)**

If the person has been talking about starting a garden:

- Give a pair of gardening gloves,
- Give a knee cushion or garden stool, or
- Give a garden tool, and some seeds.

It's the small gifts from the heart that your friends and family will appreciate.

Just the Facts

Most foods on the supermarket shelves nowadays have labels that consumers can use to learn more about the foods they buy. Because of the Nutrition Education and Labeling Act of 1992, manufacturers were required to label most products. Just look on the back of any can or package and you'll see "Nutrition Facts." Fresh fruits and vegetables, however, are not required to be labeled, but stores should have a sign near the food or a poster where you can get nutrition information on these foods. By reading labels, you can find most of the information you need to make healthy choices. Contact your local health department or Cooperative Extension Office for more help with reading labels.

Serving Size: the amount in one serving. Is your serving the same as the one on the label?

Dietary Fiber: the part of food that our bodies do not digest. High fiber foods aid in constipation and lower your risk of some cancers. Try to get at least 20-25 grams a day.

Sodium: essentially a measure of the amount of salt in the food. Keep your sodium intake to 2,400 mg or less each day. Look for foods labeled "Low sodium" to keep your intake low.

Nutrition Facts			
Serving Size ½ cup (114g)			
Servings Per Container 4			
Amount Per Serving			
Calories 90	Calories from Fat 30		
			% Daily Value*
Total Fat 3g			5%
Saturated Fat 0g			0%
Cholesterol 0mg			0%
Sodium 300mg			13%
Total Carbohydrate 13g			4%
Dietary Fiber 3g			12%
Sugars 3g			
Protein 3g			
Vitamin A 80%	•	Vitamin C 60%	
Calcium 4%	•	Iron 4%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g
Calories per gram:			
Fat	9	•	Carbohydrate 4 • Protein 4

Total Fat: the amount of fat per serving the food contains. Aim low! In a day, keep your total fat grams in the range of about 50-80 grams per day (the lower range for most women and the higher range for most men).

Vitamins: some of the cancer-fighting substances in food which are so important. Your goal is 100% each day, especially for Vitamin C.

% Daily Value: a guide for what percent of a specific nutrient the food adds to your daily diet. Keep the daily values **low** for fat and sodium. Look for **high** daily values for fiber, vitamins, and minerals to reach 100%.

More nutrients may be listed on some labels.

Enjoy Cranberries!

Cranberry-Apple Casserole

2 cups fresh cranberries	2 tablespoons melted margarine
2 cups diced apples	1/4 cup brown sugar
3/4 cup sugar	1/4 cup chopped pecans
3/4 cup oatmeal, regular uncooked	

Mix all ingredients together. Place in a casserole dish and bake at 300° for 1 hour.
Makes 8 servings, 3/4 cup each.

Calories 230, Fat 6 g, % Calories from Fat 23, % Calories from Saturated Fat 3,
Sodium 32 mg



Cranberry Chutney

1 cup chopped Granny Smith apple	3/4 cup water
1 cup raisins	2 teaspoons cinnamon
1 cup chopped onion	1 1/2 teaspoons ground ginger
1 cup sugar	1/4 teaspoon ground cloves
1 cup white vinegar	1 (12 ounce) bag fresh or frozen cranberries
3/4 cup chopped celery	

Combine all ingredients in a large saucepan; bring to a boil. Reduce heat; and simmer, uncovered 30 minutes or until slightly thick, stirring occasionally. Serve with turkey, chicken, roast pork or ham. Refrigerate remaining chutney. Makes 8 servings, 1/2 cup each.

Calories 20 1, Fat 0.4g, % Calories from Fat 2, % Calories from Saturated Fat 0,
Sodium 14 mg

Source: Cooking Light Magazine Nov./Dec. 1996



December

Bulletin Board Ideas:

Activity Ideas:



The Reason for the Season: A Celebration of Life

Suggested Activities:

- Share 5 a day with new visitors during the holiday season by distributing fruit baskets and this month's Nutrition Fact Sheet. (You may want to copy it on to red or green paper.)
- Distribute sweet potato coupons sent out last month, if your church has some available.
- Distribute the bulletin insert at a Sunday service.
- Make up your own 5 a day Christmas carol to sing at a Bible Study class or at a Sunday service this month. Use the tune from a traditional Christmas carol like Jingle Bells.
- Many churches give food baskets during the holiday season. If your church gives a basket, include plenty of canned fruits and vegetables along with recipes on how to cook them in a healthy way.
- Decorate your church Christmas tree with 5 a day. String cranberries or raisins as garland or use whole apples, pears or tangerines as ornaments.

Bulletin Board Idea:

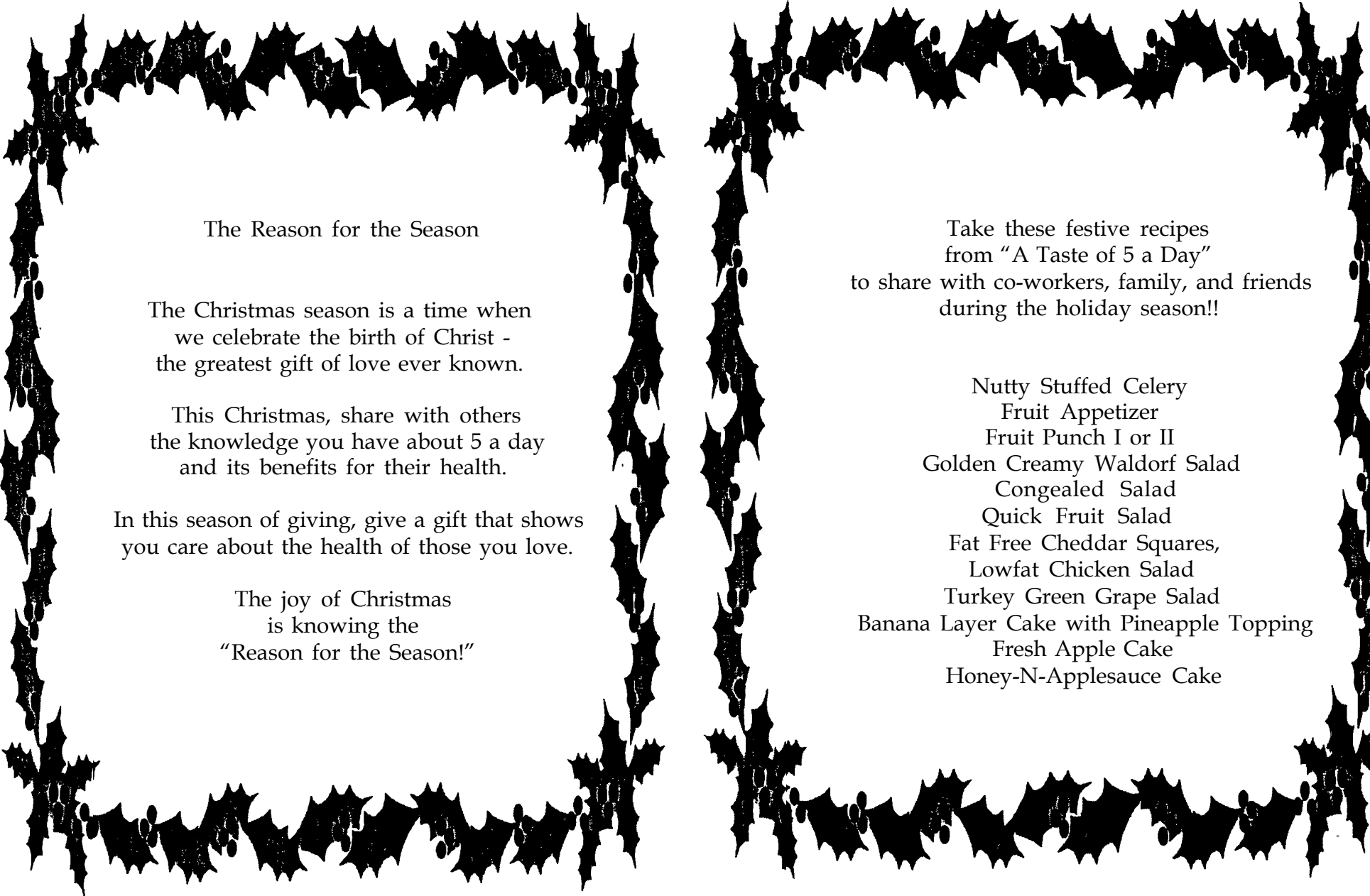
Make a bulletin board of *your* "reasons for the season" using pictures that show the many gifts we each have been given and for which we are thankful.

Reasons for the Season

Friends
Good Will
Giving

Jesus' birth
Love

Family
Sharing
Fellowship



The Reason for the Season

The Christmas season is a time when we celebrate the birth of Christ - the greatest gift of love ever known.

This Christmas, share with others the knowledge you have about 5 a day and its benefits for their health.

In this season of giving, give a gift that shows you care about the health of those you love.

The joy of Christmas
is knowing the
"Reason for the Season!"

Take these festive recipes from "A Taste of 5 a Day" to share with co-workers, family, and friends during the holiday season!!

Nutty Stuffed Celery
Fruit Appetizer
Fruit Punch I or II
Golden Creamy Waldorf Salad
Congealed Salad
Quick Fruit Salad
Fat Free Cheddar Squares,
Lowfat Chicken Salad
Turkey Green Grape Salad
Banana Layer Cake with Pineapple Topping
Fresh Apple Cake
Honey-N-Applesauce Cake



December



1996

1996

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Celebrate Good Neighbor Month. Send a neighbor a fruit basket.	2	3	4	5	6	7
8	9	10 Enjoy some hot apple cider.	11	12	13	14
15 Have you turned in your Monthly Report?	16	17	18	19	20	21 Let your children help you make a holiday treat.
22 Take a walk and enjoy the first day of winter.	23	24 Include a recipe from the "A Taste of 5 a Day" cookbook at your holiday meal.	25 Christmas Day	26	27	28
29	30	31 New Year's Eve	Tis the season when families and friends get together to share the joy of the holidays. Remember to include 5 a day along with your favorite traditions. Our health is one gift for which we can truly be thankful this holiday, and always. By eating 5 a day, we can join in the celebration of life!			



December



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Reason

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