

Up Where We Belong



A Guide to 5 a Day for Better Health

Introduction

“Up Where We Belong” is a program by Black Churches United for Better Health, a 5 a Day research project in North Carolina. The project encourages people to eat at least five servings of fruits and vegetables a day to help prevent cancer.

Think of this book as your personal guide to help you eat five servings of fruits and vegetables a day. You will learn about serving sizes, how to make changes in recipes to make them healthier, and how to overcome barriers that may keep you from eating five fruits and vegetables a day. In addition, this book contains great new recipes to help you on your way to 5 a day. You will see that with a little thought it can be easy!



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 each of these three groups every day!

Vitamin A Rich

(dark green and deep yellow-orange fruits and vegetables)

Apricots
Cantaloupe
Mango
Peaches

Broccoli
Carrots
Greens
Pumpkin
Spinach
Sweet potatoes
Tomatoes
Winter squash

Vitamin C Rich

Apricots
Citrus fruits
Kiwi
Melons
Pineapple
Strawberries

Broccoli
Cauliflower
Greens
Peppers
Potatoes
Tomatoes

Cruciferous Vegetables (Mustard/Cabbage family)

Broccoli
Brussels sprouts
Cabbage
Cauliflower
Collards

Kale
Mustard greens
Radishes
Turnips

Lighten It Up!

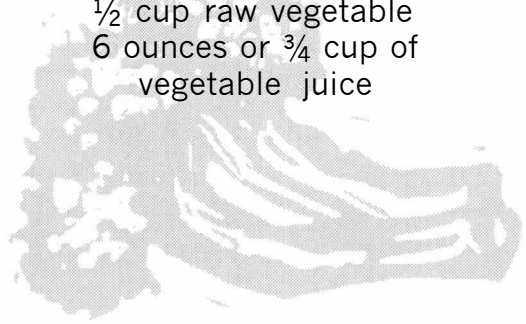
Quick Substitutions for Healthier Dishes

Instead of...	Use...
▶ Pork sausage.....	Ground skinless turkey breast
▶ Ground beef and pork	Ground boneless turkey breast
▶ Ham hocks and fatback	Turkey thighs
▶ Pork bacon.....	Turkey bacon, lean ham
▶ Neck bone	Skinless chicken thighs
▶ High-fat cuts of meat.....	Lower fat cuts of meat like... top round, sirloin tip, pot roast, tenderloin, leg roast loin chop, skinless chicken or turkey
▶ Lard and butter.....	Small amount of vegetable oil
▶ Whole milk	Skim milk
▶ Whole milk cheese	Low-fat or part-skim cheese
▶ 1 ounce baking chocolate	3 tablespoons cocoa + 1 tablespoon oil (if no other fat in the recipe)
▶ Cream	Evaporated skim milk
▶ Regular mayonnaise	Reduced-fat mayonnaise or ½ mayo + ½ plain yogurt
▶ Sour cream.....	Plain low-fat yogurt (plus 1 teaspoon cornstarch for dishes that require heat)
▶ 1 Egg.....	2 egg whites
▶ Ice cream.....	Low-fat frozen yogurt
▶ Regular salad dressing.....	Reduced-fat or low-calorie salad dressing
▶ Regular bouillon and broth.....	Low-sodium bouillon and broth

Know Your Serving Size!

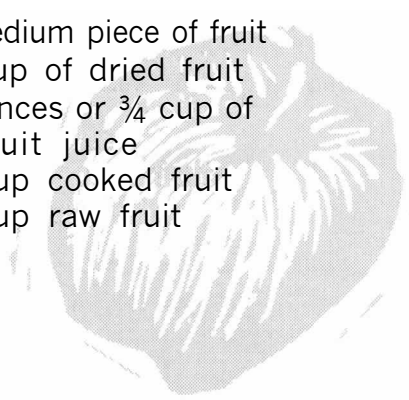
Many people think that a serving size is how much is on their plate or in their glass. It is important to understand how much fruit or vegetable is considered a serving by the 5 a Day program. There is a difference between a “**helping**” and a “**serving**.” You may be eating more servings of fruits and vegetables than you think. **Remember - your goal is to eat a total of at least five servings of fruits and vegetables a day!**

One Serving of Vegetable



- 1 cup raw leafy greens
- $\frac{1}{2}$ cup cooked vegetable
- $\frac{1}{2}$ cup raw vegetable
- 6 ounces or $\frac{3}{4}$ cup of vegetable juice

One Serving of Fruit



- 1 medium piece of fruit
- $\frac{1}{4}$ cup of dried fruit
- 6 ounces or $\frac{3}{4}$ cup of fruit juice
- $\frac{1}{2}$ cup cooked fruit
- $\frac{1}{2}$ cup raw fruit

Sample Menu

For example, a medium apple, 1 cup of cooked greens, 12 ounces of 100% apple juice and $\frac{1}{2}$ cup of raw carrots are equal to 6 servings of fruits and vegetables!

1 medium apple	=	1 serving
1 cup cooked greens	=	2 servings
12 ounces apple juice	=	2 servings (6 ounces = 1 serving)
$\frac{1}{2}$ cup raw carrots	=	1 serving

Serving Size: portion size used by the National Cancer Institute to measure how many fruits and vegetables you ate toward your 5 a Day.

Helping: how much food you put on your plate to eat in one sitting.