

Take Five

A Guide to Healthful Eating





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Credits:

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Acknowledgments

The following resources were used in developing this manual:

"Help Yourself: A guide to healthful eating" by Susan Curry, Center for Health Studies, Group Health Cooperative of Puget Sound, and Beth Burrows, Fred Hutchinson Cancer Research Center.

U.S. Department of Agriculture, Human Nutrition Information Service, Home & Garden Bulletins No. 232-8, 232-9, and 232-10.

"Resource Guide for Food and Nutrition Educators" from the National Potato Board.

Recipes from the Produce for Better Health Foundation, Newark, Delaware.

"Great Tasting Lowfat Recipes," Feb. 1994, #156, Classic® Cookbooks, The Pillsbury Company.



INTRODUCTION

Why eat 5 servings of fruits and vegetables every day?

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

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

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

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

How do I use this booklet?

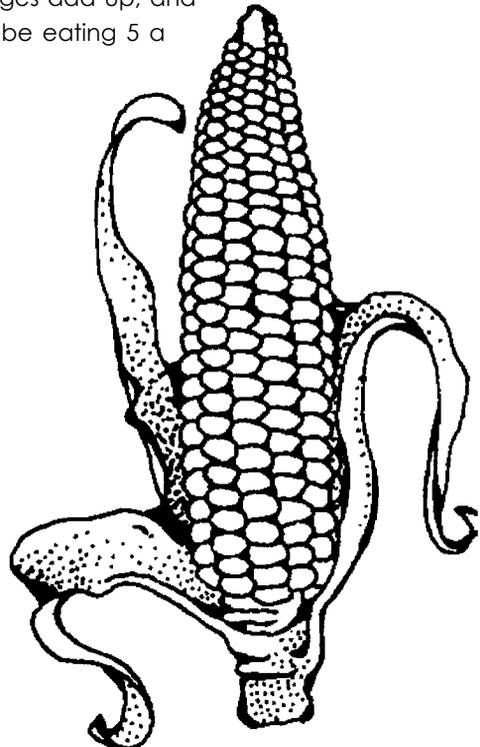
Think of this as your personal guide.

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

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

A serving is:

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

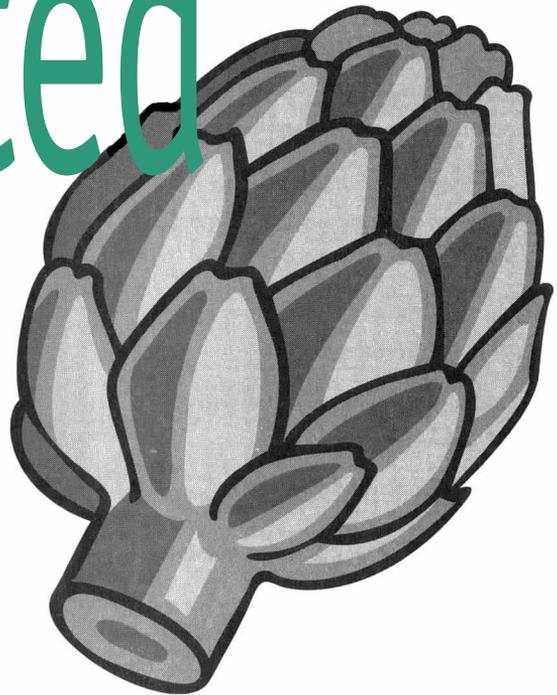


Concerns About Eating More Fruits & Vegetables

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

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

Getting Started



Ideas for Change

When deciding to make a change, sometimes it helps to look at a list of suggested ideas. Here are a sample of things you can do to eat more fruits and vegetables. You can check the things that

you already do and think about the other suggestions.

Use this list as a beginning. The rest of this booklet is filled with creative ideas for change.

	Usually	Sometimes	Rarely
1. Choose fresh fruit or juice to begin the day.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Add sliced fruit or berries to breakfast cereal.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Keep a bowl of fruit on the countertop, within easy reach.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Choose at least one serving of vegetables at lunch.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Put fruit in bag lunches.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Keep raw vegetables clean and ready for snacking in the refrigerator.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Keep fresh or dried fruit handy at work for a snack.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Drink 100% fruit or vegetable juice instead of sodas.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Choose at least two servings of vegetables at dinner.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Choose fresh fruit for desserts.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Select fresh produce in season.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Keep a supply of canned or frozen fruits and vegetables on hand.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Look for fruits or vegetables when eating out.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. Try new ways of preparing fruits and vegetables.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

A wonderful variety of fruits and vegetables are in the supermarkets. You could choose something new every day for a month, and still not try everything.

Below is a list of the 20 most popular fruits and vegetables.

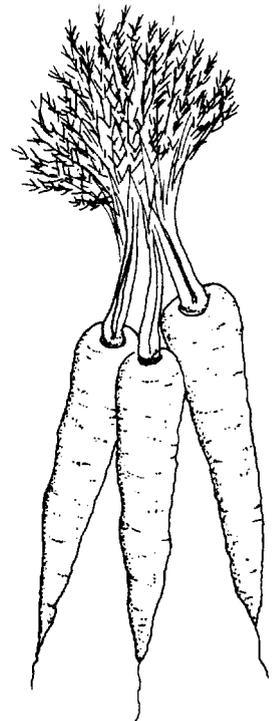
Check the items you like.

You may be surprised to discover how many you already enjoy. Add any more favorites at the bottom.

Circle fruits and vegetables to buy on your next shopping trip.

WHAT DO YOU LIKE TO EAT?

Fruits	Vegetables
Apple <input type="checkbox"/>	Asparagus <input type="checkbox"/>
Banana <input type="checkbox"/>	Bell pepper <input type="checkbox"/>
Cantaloupe <input type="checkbox"/>	Broccoli <input type="checkbox"/>
Cherries <input type="checkbox"/>	Green cabbage <input type="checkbox"/>
Grape <input type="checkbox"/>	Carrot <input type="checkbox"/>
Grapefruit <input type="checkbox"/>	Cauliflower <input type="checkbox"/>
Honeydew melon <input type="checkbox"/>	Celery <input type="checkbox"/>
Kiwi fruit <input type="checkbox"/>	Corn <input type="checkbox"/>
Lemon <input type="checkbox"/>	Cucumber <input type="checkbox"/>
Mango <input type="checkbox"/>	Green beans <input type="checkbox"/>
Nectarine <input type="checkbox"/>	Green onion <input type="checkbox"/>
Orange <input type="checkbox"/>	Iceberg lettuce <input type="checkbox"/>
Papaya <input type="checkbox"/>	Leaf lettuce <input type="checkbox"/>
Peach <input type="checkbox"/>	Mushroom <input type="checkbox"/>
Pear <input type="checkbox"/>	Onion <input type="checkbox"/>
Pineapple <input type="checkbox"/>	Potato <input type="checkbox"/>
Plum <input type="checkbox"/>	Radish <input type="checkbox"/>
Strawberry <input type="checkbox"/>	Summer squash <input type="checkbox"/>
Tangerine <input type="checkbox"/>	Sweet potato <input type="checkbox"/>
Watermelon <input type="checkbox"/>	Tomato <input type="checkbox"/>
Other _____	Other _____
_____	_____
_____	_____



From U.S. Dept. of Health and Human Services and U.S. Dept. of Agriculture.

Taking Stock

You eat what's in your cupboards! Take an inventory of your kitchen and see if you have fruits and vegetables on hand.

You won't run out by the end of the week if you keep canned, dried, and frozen fruits and vegetables available. Having fruits and vegetables "at your fingertips" will make changing easier and increase your chances of meeting your goals.

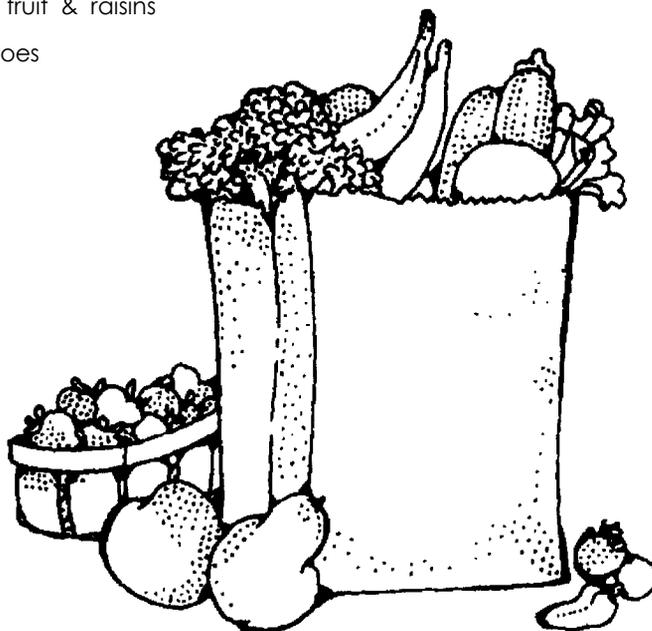
The following is a list of suggested foods you can keep on hand:

To keep in the freezer:

- frozen fruits and vegetables
- frozen 100% fruit or vegetable juice

To keep in the cupboard:

- canned fruit
- 100% fruit or vegetable juice
- canned vegetables
- canned vegetable soups
- dried and canned beans, split peas, lentils
- dried fruit & raisins
- potatoes



Meals, Snacks & Dessert

A stylized illustration of two dark-colored cherries, possibly black or dark purple, with a stem and two green leaves. The cherries are positioned to the right of the word "Dessert" in the title.

Breakfast

Breakfast is a great time to add fruit to your day. Fresh fruit in season makes a delicious beginning to your breakfast.

How do you eat breakfast? Do you sit down to breakfast before work, eat while getting

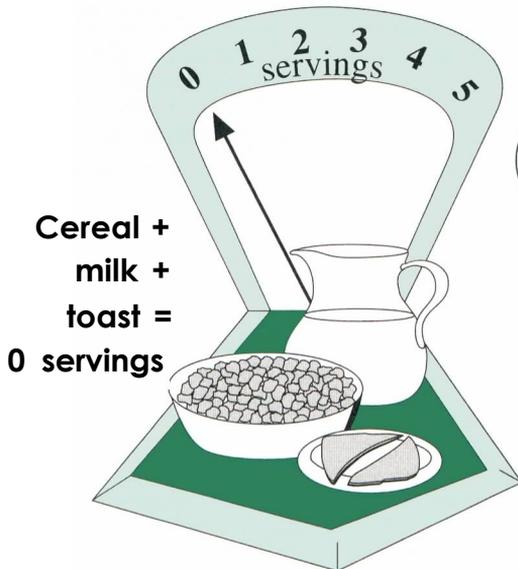
dressed or driving in the car, or grab a muffin when you get to work? Whatever your style, there is an easy way to add fruit or juice to your meal. Simply find your eating pattern below and try one of the suggestions.

Goals

- Drink a glass of juice
- Include a serving of fruit

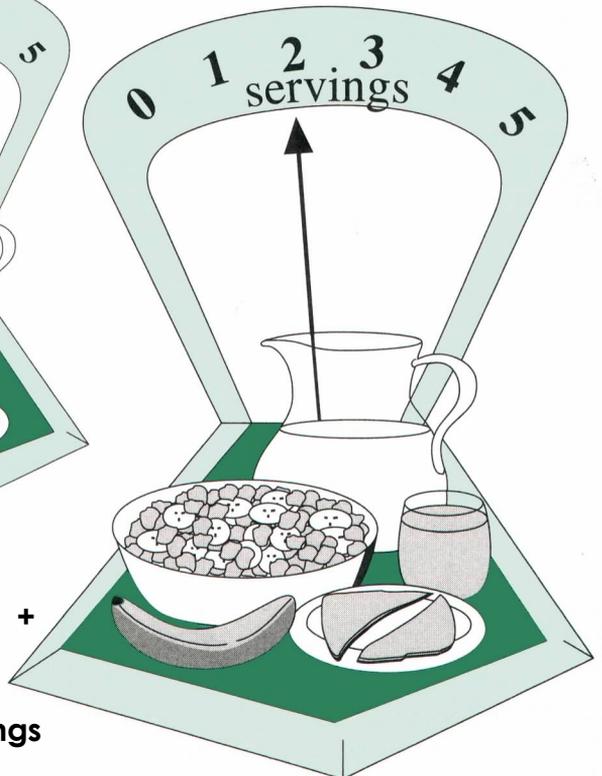
Breakfast at Home

- Drink a glass of juice with breakfast.
- Add raisins, berries or sliced fruit to your cereal, pancakes or waffles.
- Have a piece of melon, bowl of berries, half a grapefruit, or some stewed dried fruit with your meal.
- Add chopped green peppers, mushrooms, and onions to your scrambled eggs or omelet.



Cereal +
milk +
toast =
0 servings

Cereal + 1 BANANA + milk +
toast + ORANGE JUICE
= 2 servings



On the Run

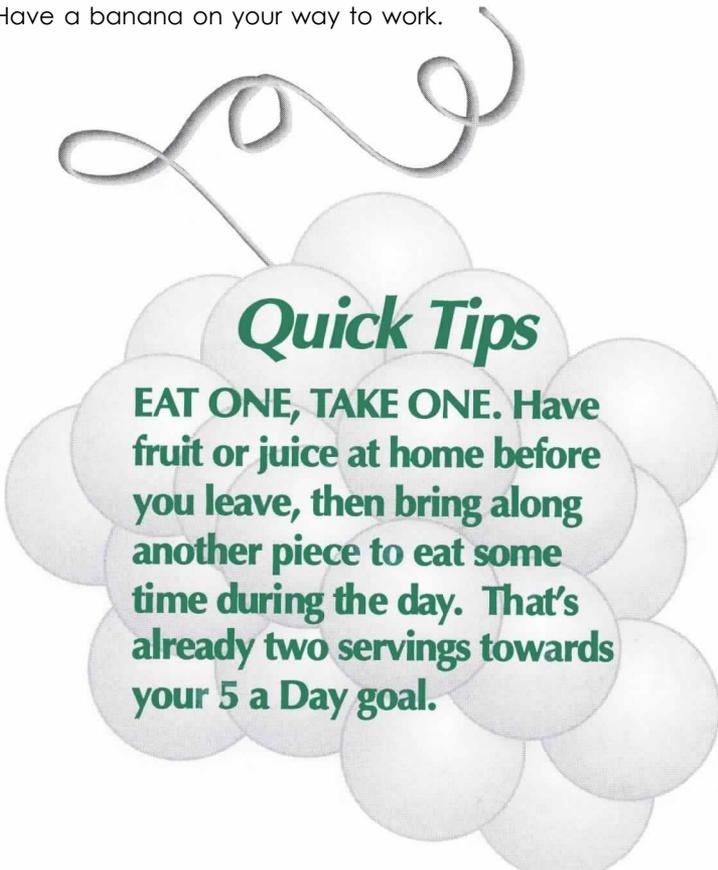
- Grab a glass of juice to drink in the bedroom while you dress.
- Eat a banana or apple while you read your paper.
- Take a small box of raisins or a can of juice to have in the car.
- Take a piece of fruit from a bowl you keep in the kitchen. Apples, bananas and grapes are easy to eat while driving.

At Work

- Have some juice with your muffin at your desk.
- Keep small boxes of raisins in your desk. Add them to cereal.
- Bring fresh fruit from home to eat with your muffin.

No Breakfast

- Have a glass of juice in the morning.
- Have a banana on your way to work.



Quick Tips

EAT ONE, TAKE ONE. Have fruit or juice at home before you leave, then bring along another piece to eat some time during the day. That's already two servings towards your 5 a Day goal.

What about Fat?

Fried potatoes and hash browns are very high in fat. Instead, season boiled potatoes (small new potatoes are best) with pepper, salt and herbs like oregano and thyme. Or heat pieces of a leftover baked potato in a non-stick skillet, then sprinkle with herbs. Potatoes can also be replaced with tomato slices or fruit.

Lunch

For many of us, lunch is the main break in the day. We want to relax, enjoy good food, yet not be too full and tired for the rest of the day.

Most of us have different ways of eating lunch over the course of a week. Sometimes

we bring a bag lunch, sometimes we eat in a cafeteria or restaurant or eat fast food. Anyway you choose lunch, there's an easy way to add fruits or vegetables. Just see the suggestions listed below.

Goals

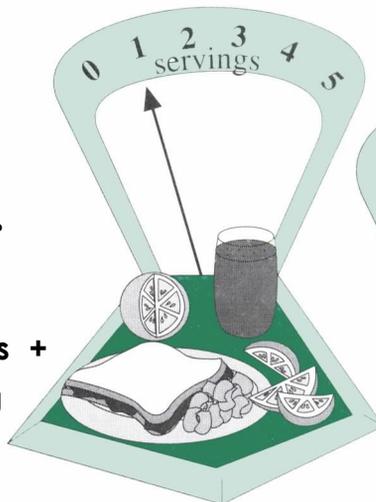
- Have at least one serving of fruit or juice.
- Have at least one serving of vegetables.

Bag Lunch

- Bring vegetables to put on your sandwiches (see suggestions in Quick Tips section).
- Add a piece of fruit to your lunch. Carry soft fruit in a plastic container to prevent bruising.
- Have cut up vegetables instead of chips. Keep a container of vegetables ready to go on the top shelf of your refrigerator, or buy pre-cut vegetables.
- Bring leftover salad or cooked vegetables.
- See Recipe section for more ideas.

Eating two servings at lunch is easy.

A deli sandwich +
1 ORANGE + chips +
a soda = 1 serving



A deli sandwich **W/LETTUCE AND
2 SLICES TOMATO** + 1 ORANGE
+ chips + Juice = 3 servings



Cafeteria or Restaurant

- Have a bowl of vegetable or bean soup with your meal.
- Pile up those vegetables at the salad bar.
- Choose entrees with vegetables in them, like beef stew or stir-fried chicken and vegetables.
- Ask if you can replace french fries with a salad, tomato slices, or a vegetable side dish.

Fast Food Restaurant

- Choose a restaurant that has a salad bar or serves fruits and vegetables.
- Ask for orange juice instead of soda pop.
- Replace french fries with a baked potato, salad, corn on the cob, coleslaw, or beans.
- Have some fruit or juice when you get back to work.

No Lunch

- Have a piece of fruit from the deli or vending machine.
- Drink some juice at your desk.
- Bring some crunchy vegetables to eat while you work.

Quick Tips

Add one or more of these to your sandwich and you'll have one more serving of fruits or vegetables. To avoid carrying a soggy sandwich, pack vegetables separately.

- lettuce leaves or other salad greens
- sliced tomatoes and onion
- sliced cucumber or pepper rings
- alfalfa or bean sprouts
- sliced apple
- cole slaw (try it with roast beef or turkey!)

What about Fat?

Salads are an easy way to add vegetables to a meal, but they can be high in fat. Typical high-fat salad bar items include bacon bits, croutons, sunflower seeds, cheese, and salad dressing. Using a small amount of an oil and vinegar type dressing (like Italian) or a low-calorie dressing can keep the calories and fat low.

Dinner

Goals

- Eat two servings of vegetables.
- or
- Eat a serving of vegetables and a serving of fruit.

After a hectic day, the ideal dinner is one that's quick to prepare, nutritious, and appealing. Fruits and vegetables are part of an ideal dinner and can fit into any style of eating.

Are you cooking at home tonight? Then see the selec-

tions undercooking. Picking up take out food? We have suggestions for you!

Whatever you're eating, there are quick and easy ways to add fruits and vegetables. Just see the ideas below.

Home Cooking

Many people serve a vegetable with dinner, but may tire of a limited choice. If this includes you, try some of these ideas for a change of pace.

- ***Fix two vegetables, raw or cooked, to have with dinner.***

Cooking and serving suggestions are listed on pg. 36. A few vegetables that go well together include:

1. Broccoli and cauliflower
2. Steamed kale and potatoes
3. Zucchini and carrots

- ***Use vegetables as the main dish.***

One vegetable that takes star billing is the potato. You can top hot, split, baked potatoes with any of the following for a quick and filling meal.

1. Strips of grilled meat or chicken with peppers and onions
2. Cottage cheese, chopped green and red peppers, and carrots
3. Salsa, pinto beans, and sour cream
4. Asian-style Vegetable Topping or Beef and Mushroom Topping
(See pg. 33 in the recipe section.)

- **Dress up a salad for your main meal.**

The following combinations make refreshing salad:

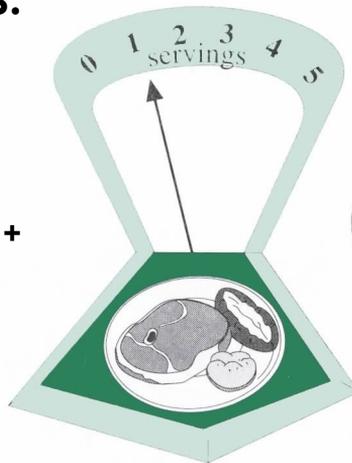
1. Tomatoes and cucumber tossed with a light sprinkling of feta cheese, olive oil and wine vinegar
2. Kidney beans, tomatoes, lettuce, and green peppers, seasoned with oregano and cumin
3. Navy beans, steamed broccoli, and lettuce, sprinkled with chopped cashews, lemon juice and salad oil
4. Cantaloupe, strawberries, and honeydew melon with cottage cheese

- **Substitute vegetables for meat in your main dish.**

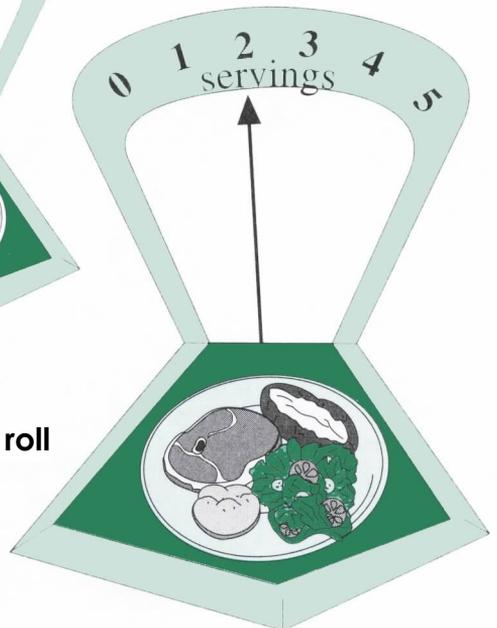
1. Have split pea or black bean soup for dinner.
2. Use tofu instead of meat when you stir-fry vegetables.
3. Stretch your meat by adding beans to chili or burritos.
4. Make vegetables the main part of the meal with a little meat for flavor. Make a spaghetti sauce with tomatoes, peppers, onions, and a little bit of ground beef.
5. Mix several different vegetables for dinner.

Add a salad to your meat & potatoes for 2 servings.

Steak +
1 BAKED POTATO +
a roll =
1 serving



Steak + 1 BAKED POTATO + a roll
+ A SALAD = 2 servings



What about fat?

You can cut fat by replacing meat with vegetables, beans, split peas or lentils. Use meat as a side dish, or add it in small amounts for flavor, like adding ham to split pea soup. Meatless meal ideas often appear in different ethnic cuisines. Look in the suggested cookbooks for ideas, or try Greek Lentil Soup in the recipe section, pg. 34.

Take-out Food

- Make a salad or microwave a frozen vegetable to eat with your food.
- Add vegetables to take-out food. For example, order vegetables on pizza, or put lettuce and tomato on a hamburger.
- Choose salads instead of hamburgers or french fries at fast food restaurants.
- Make a meal of several salads from the deli section or salad bar of your supermarket.

Something Quick

- Have canned vegetables or fruit with your dinner.
- Keep cut vegetables in the refrigerator for a quick addition.
- Eat raw or cooked vegetables with a frozen dinner.

Restaurant Dining

- Choose a salad, vegetable soup, or vegetable appetizer to begin your meal.
- Select entrees that have vegetables in them, like chicken cacciatore or Chinese vegetables with pork.
- Have a large salad, like a Caesar salad, with soup.

No Dinner

- Have a piece of fruit.
- Make a meal of crunchy vegetables like carrots, cauliflower, celery, and broccoli. Make an easy dip by using salad dressing, or mixing curry powder with plain yogurt.

Quick Tips

Most vegetables are naturals for microwaving. Microwaving saves time and makes vegetables taste great. A microwave can heat leftover vegetables or cook frozen vegetables. For cooking times, see chart on pgs. 36-37.

Snacks

We all like to snack. Sometimes we want something crunchy, sometimes something sweet. If it's hot outside, we might want a cold, refreshing drink.

What ever the mood, fruits or vegetables can satisfy the taste for something good. What kind of snack appeals to you?

Goals

- Choose fruits or vegetables first.
- Drink juice instead of soda or coffee.

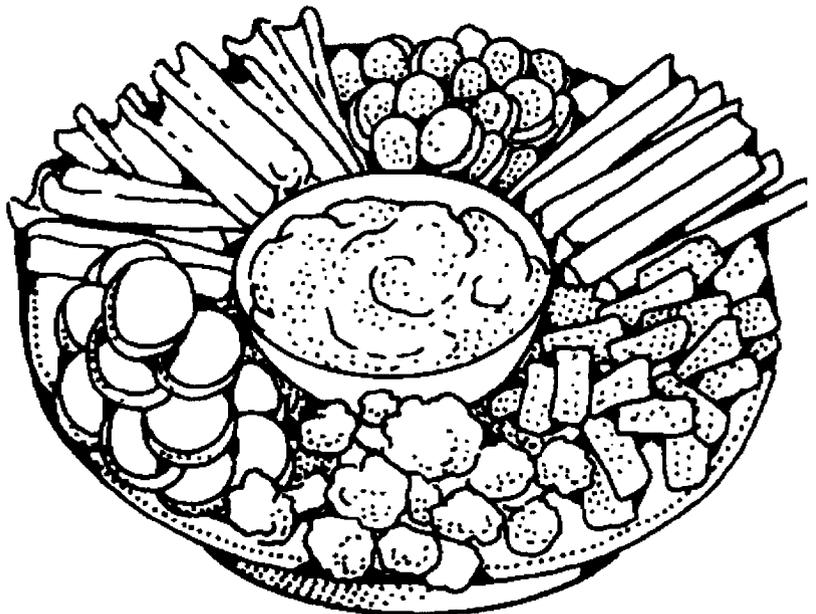
Crunch it

- Stuff celery with a little peanut butter or cheese spread.
- Have a combination of raw vegetables: broccoli and cauliflower florets; zucchini and cucumber slices; green and red pepper rings; carrot and celery sticks and cherry tomatoes.
- Stuff pita bread with chopped vegetables drizzled with salad dressing

Dip it

- Dip toasted pita bread, bread sticks or raw vegetables in salsa.
- Dip crisp raw vegetable pieces in Curry Vegetable Dip.*
- Try apples dipped in Pineapple Yogurt Dressing.*

*see recipe section, pgs. 33-34.



What about fat?

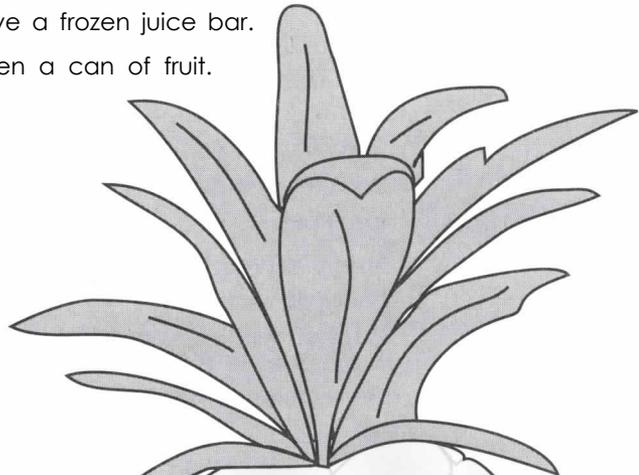
Fruits and vegetables are naturally low in fat, while many vending machine snacks are high in fat. Does this mean you should never have snacks from the vending machine? No, but if you have a donut at 10:00 a.m., cut back on your fat at lunch. Have extra vegetables and fruit instead.

Drink it

- Have juice instead of soda or coffee for a snack. Try some different combinations like orange and pineapple.
- Make a fruit juice cooler—mix unsweetened fruit juice and club soda.
- Try a fruit milkshake made with milk, ripe fruit, and ice cubes.

Sweeten it

- Have fresh fruit: apples, apricots, bananas, cherries, pears, plums, peaches, melon wedges, oranges and pineapple.
- Keep dried fruit handy. Apricots, apples, raisins, prunes, and figs are a no fuss snack.
- Bring fruit, either fresh or dried, for a work break rather than buying candy from a vending machine.
- Have a frozen juice bar.
- Open a can of fruit.



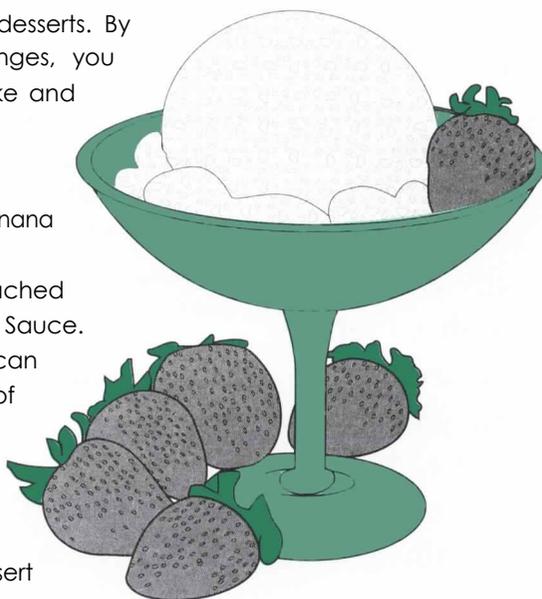
Quick Tips

Keep fruits and vegetables handy for snacking. A bowl filled with washed, fresh fruit is a tempting sight when you're hungry. Likewise, packaged baby carrots, or cut-up vegetables make a quick snack.

Desserts

Eating 5 a day doesn't mean giving up favorite desserts. By making small changes, you can have your cake and eat 5 a day, too.

Changes can be as easy as slicing a banana on ice cream or as adventurous as Poached Pears in Chocolate Sauce. Of course, dessert can simply be a piece of fruit selected from the fruit bowl. Whatever your choice, you get more from dessert if you include fruit.



Choose from the suggestions below to add fruit to your favorite desserts or to try a new idea.

Adding fruit to dessert

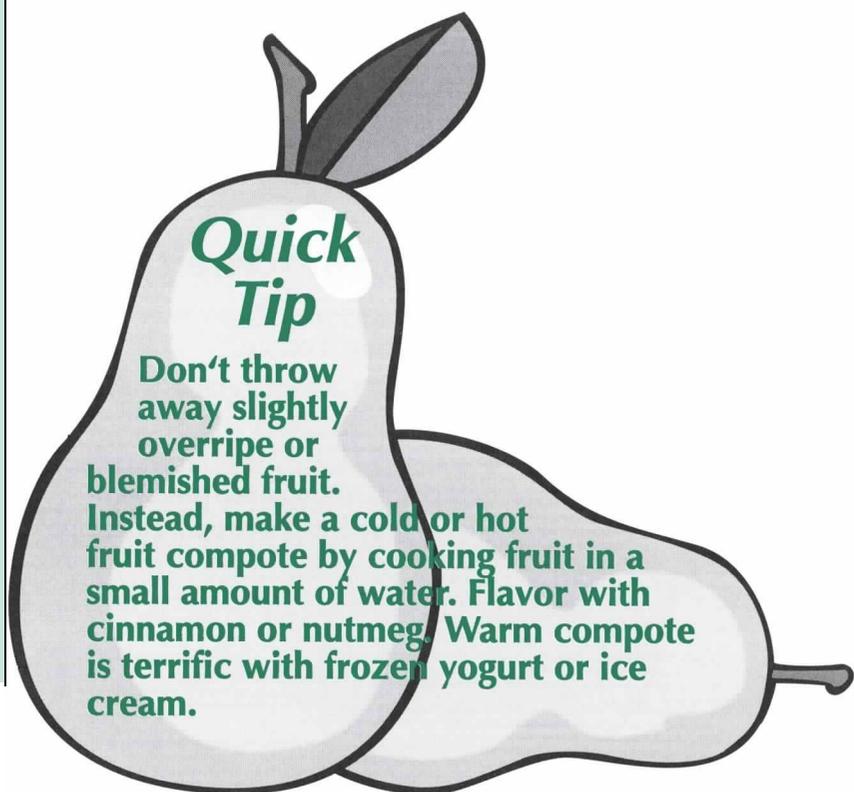
- Slice bananas or strawberries on ice cream or frozen yogurt.
- Have apple wedges or grapes with cookies.
- Top angel food cake with crushed fresh or frozen berries, canned peaches or Speedy Fruit Sauce (see pg. 32 in recipe section).

What a bout Fat?

Cakes, cookies, and ice cream are high in fat and calories. You can cut back on fat by reducing the serving size and adding fruit. For example, cut your usual amount of ice cream in half, then slice strawberries on top. This is a filling dessert, and lower in fat than a big bowl of ice cream. Or, replace the high fat food completely.

Make fruit the main dessert

- Have fruit salad for a refreshing end to a meal. Combine different fruits in season, like peaches, strawberries, and blueberries in summer; apples, oranges, and grapes in winter. Mangoes and papayas add an exotic touch.
- Broil fruit. Add a dash of cinnamon and place grapefruit or peach halves or thick pineapple slices under the broiler for 5-10 minutes.
- Make fruit kabobs by alternating pieces of fresh fruit with small cubes of cheese on a skewer.
- Open a can for dessert. Sprinkle unsweetened applesauce with cinnamon; garnish unsweetened fruit salad with mint leaves; or sprinkle allspice on canned pears and apricots.
- Try something really different, like poached Pears in Chocolate Sauce or Strawberries with Raspberry-Rhubarb Sauce (see pg. 32 in recipe section). These recipes take a little more work, but are great for special occasions.





Plan to Change Your Meals

Use this page to write down which fruits, juices, and vegetables you would like to add to your meals. Be specific; that will help you make the change. For example,

write "Add carrots to my lunch" or "Drink orange juice for a snack". Select one change for now, then add more as time goes by.

***Fruits or vegetables
I can add to breakfast***

***Fruits or vegetables
I can add to lunch***

***Fruits or vegetables
I can add to dinner***

***Fruits or vegetables
I can have for snacks
or desserts***

Plan to Change Your Meals

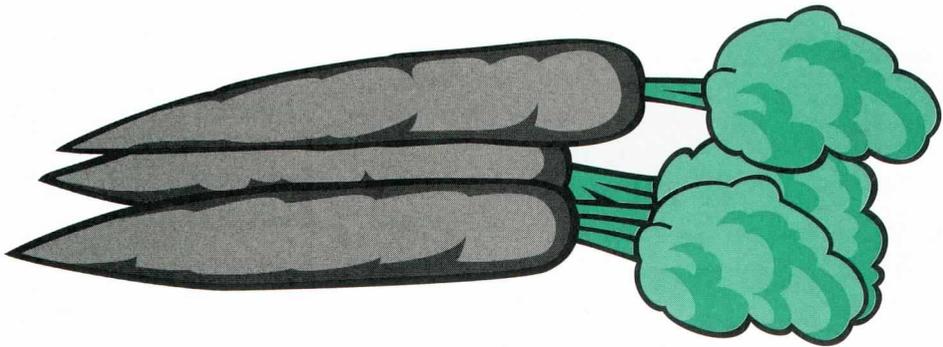
**Fruits or vegetables
I can add to breakfast**

**Fruits or vegetables
I can add to lunch**

**Fruits or vegetables
I can add to dinner**

**Fruits or vegetables
I can have for snacks
or desserts**

Keep Up the Good Work



Getting the Whole Household Involved



It is usually easier to change your eating patterns if everyone in your household gets involved. Here are a few tips to make the changes more smoothly.

- Discuss with your family which fruits and vegetables they like, and how they like them prepared. Some people, especially children, prefer raw fruits and vegetables to cooked ones.
- Offer fruits and cut-up vegetables for snacks or before dinner munching. You'd be surprised at what a hungry child or spouse will eat!
- Encourage your spouse, roommate, or children to help prepare fruits and vegetables. Then they will be more likely to prepare it themselves when you're not there.

- Don't be discouraged if your family rejects a new food at first. Let sometime go by, then try introducing it again.
- Let everyone make choices. For example, give your children a choice between two kinds of fruit for a snack.
- Keep a variety of fruits and vegetables in the house. Your family is more likely to eat them if they are on hand.
- Put a chart on the refrigerator to keep track of how many fruits and vegetables each family member eats every day. Offer a prize to the person who eat 5 a day for a week.



How am I doing?

Fill out the questionnaire below to find out.

To keep track of your progress, complete this questionnaire every few weeks. Does your total score increase? If so, you're making great progress.

		Check when you ate fruits and vegetables yesterday .		Check when you usually eat fruits and vegetables.	
<i>Time of Day</i>	<i>Yesterday</i>	<i>How many?</i>		<i>How many?</i>	
Breakfast	<input type="checkbox"/> fruit or juice _____	<input type="checkbox"/> fruit or juice _____		<input type="checkbox"/> fruit or juice _____	
	<input type="checkbox"/> vegetable _____	_____		<input type="checkbox"/> vegetable _____	_____
Snack	<input type="checkbox"/> fruit or juice _____	_____		<input type="checkbox"/> fruit or juice _____	_____
	<input type="checkbox"/> vegetable _____	_____		<input type="checkbox"/> vegetable _____	_____
Lunch	<input type="checkbox"/> fruit or juice _____	_____		<input type="checkbox"/> fruit or juice _____	_____
	<input type="checkbox"/> vegetable _____	_____		<input type="checkbox"/> vegetable _____	_____
Snack	<input type="checkbox"/> fruit or juice _____	_____		<input type="checkbox"/> fruit or juice _____	_____
	<input type="checkbox"/> vegetable _____	_____		<input type="checkbox"/> vegetable _____	_____
Dinner	<input type="checkbox"/> fruit or juice _____	_____		<input type="checkbox"/> fruit or juice _____	_____
	<input type="checkbox"/> vegetable _____	_____		<input type="checkbox"/> vegetable _____	_____
Snack or	<input type="checkbox"/> fruit or juice _____	_____		<input type="checkbox"/> fruit or juice _____	_____
Dessert	<input type="checkbox"/> vegetable _____	_____		<input type="checkbox"/> vegetable _____	_____
	Total Score	_____		Total Score	_____

Evaluate your score:

- How close are you to the 5 a Day goal?
- Did you meet the goal yesterday?
- Do you meet the goal usually?
- How can you make it easier to meet the goal?

How am I doing?

Check when you ate fruits and vegetables **yesterday**.

Check when you **usually** eat fruits and vegetables.

Time of Day	Yesterday		Usually	
		How many?		How many?
Breakfast	<input type="checkbox"/> fruit or juice	_____	<input type="checkbox"/> fruit or juice	_____
	<input type="checkbox"/> vegetable	_____	<input type="checkbox"/> vegetable	_____
Snack	<input type="checkbox"/> fruit or juice	_____	<input type="checkbox"/> fruit or juice	_____
	<input type="checkbox"/> vegetable	_____	<input type="checkbox"/> vegetable	_____
Lunch	<input type="checkbox"/> fruit or juice	_____	<input type="checkbox"/> fruit or juice	_____
	<input type="checkbox"/> vegetable	_____	<input type="checkbox"/> vegetable	_____
Snack	<input type="checkbox"/> fruit or juice	_____	<input type="checkbox"/> fruit or juice	_____
	<input type="checkbox"/> vegetable	_____	<input type="checkbox"/> vegetable	_____
Dinner	<input type="checkbox"/> fruit or juice	_____	<input type="checkbox"/> fruit or juice	_____
	<input type="checkbox"/> vegetable	_____	<input type="checkbox"/> vegetable	_____
Snack or	<input type="checkbox"/> fruit or juice	_____	<input type="checkbox"/> fruit or juice	_____
Dessert	<input type="checkbox"/> vegetable	_____	<input type="checkbox"/> vegetable	_____
	Total Score	_____	Total Score	_____

Evaluate your score:

- How close are you to the 5 a Day goal?
- Did you meet the goal yesterday?
- Do you meet the goal usually?
- How can you make it easier to meet the goal?



How am I doing?

Check when you ate fruits and vegetables **yesterday**.

Check when you **usually** eat fruits and vegetables.

<i>Time of Day</i>	<i>Yesterday</i>	<i>Usually</i>
	<i>How many?</i>	<i>How many?</i>
Breakfast	<input type="checkbox"/> fruit or juice _____	<input type="checkbox"/> fruit or juice _____
	<input type="checkbox"/> vegetable _____	<input type="checkbox"/> vegetable _____
Snack	<input type="checkbox"/> fruit or juice _____	<input type="checkbox"/> fruit or juice _____
	<input type="checkbox"/> vegetable _____	<input type="checkbox"/> vegetable _____
Lunch	<input type="checkbox"/> fruit or juice _____	<input type="checkbox"/> fruit or juice _____
	<input type="checkbox"/> vegetable _____	<input type="checkbox"/> vegetable _____
Snack	<input type="checkbox"/> fruit or juice _____	<input type="checkbox"/> fruit or juice _____
	<input type="checkbox"/> vegetable _____	<input type="checkbox"/> vegetable _____
Dinner	<input type="checkbox"/> fruit or juice _____	<input type="checkbox"/> fruit or juice _____
	<input type="checkbox"/> vegetable _____	<input type="checkbox"/> vegetable _____
Snack or	<input type="checkbox"/> fruit or juice _____	<input type="checkbox"/> fruit or juice _____
Dessert	<input type="checkbox"/> vegetable _____	<input type="checkbox"/> vegetable _____
	Total Score _____	Total Score _____

Evaluate your score:

- How close are you to the 5 a Day goal?
- Did you meet the goal yesterday?
- Do you meet the goal usually?
- How can you make it easier to meet the goal?

How am I doing?

Check when you ate fruits and vegetables **yesterday**.

Check when you **usually** eat fruits and vegetables.

Time of Day	Yesterday		Usually	
		How many?		How many?
Breakfast	<input type="checkbox"/> fruit or juice	_____	<input type="checkbox"/> fruit or juice	_____
	<input type="checkbox"/> vegetable	_____	<input type="checkbox"/> fruit or juice	_____
Snack	<input type="checkbox"/> fruit or juice	_____	<input type="checkbox"/> fruit or juice	_____
	<input type="checkbox"/> vegetable	_____	<input type="checkbox"/> vegetable	_____
Lunch	<input type="checkbox"/> fruit or juice	_____	<input type="checkbox"/> fruit or juice	_____
	<input type="checkbox"/> vegetable	_____	<input type="checkbox"/> vegetable	_____
Snack	<input type="checkbox"/> fruit or juice	_____	<input type="checkbox"/> fruit or juice	_____
	<input type="checkbox"/> vegetable	_____	<input type="checkbox"/> vegetable	_____
Dinner	<input type="checkbox"/> fruit or juice	_____	<input type="checkbox"/> fruit or juice	_____
	<input type="checkbox"/> vegetable	_____	<input type="checkbox"/> vegetable	_____
Snack or	<input type="checkbox"/> fruit or juice	_____	<input type="checkbox"/> fruit or juice	_____
Dessert	<input type="checkbox"/> vegetable	_____	<input type="checkbox"/> vegetable	_____
	Total Score	_____	Total Score	_____

Evaluate your score:

- How close are you to the 5 a Day goal?
- Did you meet the goal yesterday?
- Do you meet the goal usually?
- How can you make it easier to meet the goal?

Recipes & References

A stylized illustration of a bunch of purple grapes. The grapes are rendered with a textured, shaded effect to give them a three-dimensional appearance. Two green leaves are attached to the top of the bunch, also with a textured, shaded effect. The entire illustration is set against a light gray, semi-transparent rectangular background.

References

Easy Low Fat Chocolate Sauce

1 cup cocoa
3/4 cup granulated sugar
3/4 cup water
1/2 cup corn syrup
1 tsp. vanilla

In saucepan, combine cocoa and sugar. Whisk in water and corn syrup. Bring to a full boil over medium heat; boil for 2 minutes, stirring constantly. Remove from heat and stir in vanilla. Let cool (sauce will thicken upon cooling). Cover and store in refrigerator. Makes 2 cups sauce. **Nutritional Analysis per Tablespoon:** calories, 43; fat, 0.11 g; sodium, 45 mg; cholesterol, 3.74 mg; fiber, .19 g. From: [The American Cancer Society Cook book](#).

Raspberry-Rhubarb Sauce

2 1/2 cups sliced rhubarb, 1/2-inch slices (fresh or frozen)
3/4 cup water
1/2 cup granulated sugar
Grated rind and juice of 1 lemon
1/4 tsp. cinnamon
2 cups fresh raspberries or 1 cup previously frozen unsweetened raspberries*

In saucepan, combine rhubarb, water, sugar, and lemon rind; bring to a boil over medium heat. Reduce heat and simmer until rhubarb is tender, 10 to 15 minutes. Remove from heat; stir in lemon juice, cinnamon, and raspberries. Let cool. Serve warm or cool over strawberries. Makes about 3 cups sauce. **Nutritional Analysis per 1/2 cup serving:** calories, 41; fat, 0.3 g, sodium, 1 mg; cholesterol, 0; fiber, 2.57 g. From: [The American Cancer Society Cookbook](#).

* If measuring raspberries while frozen, use 2 cups; if thawed, about 1 cup.

Poached Pears with Chocolate Sauce

3 cups water
1/2 cup granulated sugar
Grated rind and juice of 1 lemon
1 vanilla bean and/or cinnamon stick
4 pears
1/4 cup Easy Chocolate Sauce

In large saucepan, combine water, sugar, lemon rind, lemon juice, vanilla bean and/or cinnamon stick. Bring to a boil, stirring until sugar is dissolved.

Peel, halve, and core pears. Add to boiling syrup. (Pears should be covered in liquid; if not, double the amount of poaching liquid or poach in batches.) Reduce heat to medium-low and simmer gently for 15 to 20 minutes or until pears are almost tender. (Time will vary depending on ripeness and type of pear; remember, pears will continue to cook while cooling.) Remove from heat and let cool in liquid.

Drain pears thoroughly and pat dry on paper towels. Arrange on individual plates. Drizzle with Easy Chocolate Sauce. Serve at room temperature. Makes 4 large servings or 8 small. **Nutritional Analysis per Small Serving with Chocolate Sauce:** calories, 241; fat, .81 g; sodium, 46 mg; cholesterol, .28 mg; fiber, 6.25 g.

Speedy Fruit Sauce

1/2 cup fresh or frozen red berries, pureed
1 Tbsp. packed brown sugar or honey, to taste

In a 1-quart microwave safe dish, combine berries and brown sugar. Cover and microwave on high 2 minutes or until mixture boils. Drizzle sauce over fruit, frozen yogurt, or angel food cake. Makes 2 servings. Recipe provided by the California Tree Fruit Agreement. **Nutritional Analysis per Serving:** calories, 103; fat 1 g; cholesterol, 0 mg; fiber, 3 g.



Asian-Style Vegetable Topping

4-8 ounce baked russet potatoes
3 cups diced eggplant
1 cup thin julienned carrots
1/2 cup vertically sliced onion
1 Tbsp. finely julienned carrots
1/2 cup vertically sliced onion
1 Tbsp. finely julienned ginger root
1 cup Chinese pea pods
1/2 cup diced green or sweet red pepper
2 Tbsp. dry white wine
1 tsp. grated lemon peel
1/2 tsp. each crushed red chilies, salt and sugar
2 tsp. margarine

Microwave eggplant, carrots, onion and ginger in a 2-quart microwave-safe dish at high 6 to 8 minutes. Stir once halfway through cooking. Add remaining ingredients except potatoes; microwave at high about 2 minutes or until peas are crisp-tender. Cut or pierce tops of potatoes lengthwise; squeeze ends and push toward center to open. Spoon vegetable mixture over potatoes. Makes 4 servings. Recipe provided by the Washington State Potato Commission. **Nutritional Analysis per Serving:** calories, 354; fat, 2 g; cholesterol, 0 mg; fiber, 8 g.

Curry Vegetable Dip

1 8-ounce carton Plain lowfat yogurt
1/4 cup carrots, shredded
2 tsp. green onions, minced
1 Tbsp. salad dressing, mayonnaise-type
1 tsp. sugar
1/4 tsp. curry powder
Dash pepper

Mix ingredients in a bowl. Chill. Serve with crisp raw vegetable pieces, such as celery, carrot, or summer squash sticks. **Nutritional Analysis per Tablespoon:** calories, 15; fat, 1 g; cholesterol, 1 mg; fiber, 1 g.

Beef and Mushroom Topping

4 (8-10 ounces, each) baked russet potatoes
1/2 pound mushrooms, sliced (about 2 cups)
1/2 cup chopped onion
2 Tbsp. olive oil
1/2 pound beef sirloin tip, well-trimmed and thinly sliced
2 Tbsp. dry white wine
1 tsp. Dijon-style mustard
1/2 tsp. garlic salt
Pepper to taste
1 tsp. cornstarch
2 Tbsp. water
Minced green onions for garnish

Saute mushrooms and onion in oil until onions are barely tender. Add beef and saute until medium rare. Add remaining ingredients; cook and stir until thoroughly heated. Cut or pierce tops of hot potatoes lengthwise; squeeze ends and push toward center to open. Spoon mushroom mixture over potatoes. Garnish with green onions. Makes 4 servings. Recipe provided by the Washington State Potato Commission. **Nutritional Analysis per Serving:** calories, 452; fat, 9 g; cholesterol, 37 mg; fiber, 6 g.

Golden Apple Oatmeal

1/2 cup (about 1/2 medium) diced Golden Delicious apple
1/3 cup each apple juice and water
1/8 tsp. salt (optional)
A dash each ground cinnamon and nutmeg
1/3 cup quick-cooking rolled oats, uncooked

Combine apples, juice, water and seasonings; bring to boil. Stir in rolled oats; cook 1 minute. Cover and let stand several minutes before serving. Makes a 1 cup serving.

Nutritional Analysis per Serving: calories, 180; fat, trace; fiber, 4 g; cholesterol, 0; sodium, 25 mg.

Greek Lentil Soup

2 cups uncooked lentils
8 cups water or vegetable stock
1/2 onion, chopped
1 small carrot, chopped
1 celery stalk, chopped
1 small potato, chopped
2 Tbsp. olive oil
2 bay leaves
1 1/2 to 2 tsp. salt
2 tsp. red wine vinegar

Pick over lentils and wash.

Mix all ingredients except the vinegar in a soup pot and cook until the lentils are very soft, about one hour. Stir in vinegar at the end and serve. Makes 8 cups, to serve 6.

Nutritional Analysis per 1 1/3 cup serving: calories, 275; fat, 5.26 g; sodium, 552; cholesterol, 0; fiber, 10.47 g. From: **The New laurel's Kitchen.**

Brown Bag Fruit Mix

1/2 cup apple, unpared, diced
1/2 cup banana, sliced
1/2 cup grapefruit sections, cut up
2 Tbsp. juice from grapefruit or pineapple
1/3 cup grapes, halved
1/3 cup pineapple tidbits, juice-packed, drained

Mix apple, banana, and grapefruit sections with juice to prevent darkening of apple and banana. Add grapes and pineapple. Chill. **Note:** Fresh fruits in season may be substituted, as desired. Use peaches, nectarines, melon, berries, or apricots. **Nutritional Analysis per Serving:** calories, 110; fat, 1 g; cholesterol, 0 mg; fiber, 4.5 g.

Summer Frozen Fruit Bars

2 cups summer fruit (Oranges, and strawberries work great, and they're high in Vitamin C!)
1 Tbsp. sugar (optional)
1 tsp. lemon juice

Puree fruit in blender, adding a tablespoon or two of water if necessary. Add sugar (if desired) and lemon juice and blend. Pour into bar molds or small cups and insert sticks. Freeze until solid. Makes four 4-ounce bars.

Nutritional Analysis per Serving: calories, 35; fiber, 1.7 g; cholesterol, 0 g; sodium, 1.

Pineapple Yogurt Dressing

1/4 cup pineapple juice
4 Tbsp. plain lowfat yogurt
1 Tbsp. honey

Blend together; use as dressing for fruit salad or dip. **Nutritional Analysis:** calories, 138; fat, 1 g; sodium, 45 mg; cholesterol, 3.74 g; fiber, .19 g.



Refreshing Chicken Salad

- 2 cups cooked rice, cooled to room temperature
- 2 cups cantaloupe, diced
- 1 1/2 cups cooked chicken breast cubes
- 1/4 cup tightly packed fresh mint leaves
- 1/4 cup tightly packed fresh parsley
- 1 clove garlic, halved
- 8 ounces plain nonfat yogurt
- Lettuce leaves

Combine rice, cantaloupe, and chicken in large bowl. Place knife blade in food processor; add mint, parsley, and garlic. Cover; process until finely chopped. Transfer to small bowl; add yogurt and blend. Add to rice mixture and toss lightly. Chill 2 hours. Serve on lettuce leaves. Makes 4 servings.

Nutritional Analysis: calories, 285; fat, 3 g; sodium, 96 mg; cholesterol, 42 g; fiber, 1 g.

Raita (salad)

- 1 cucumber, sliced
- 1 onion, chopped
- 1 tomato, chopped
- 1 green chili, chopped or 1/4 tsp. red chili powder
- 2 cups nonfat plain yogurt
- 1/2 tsp. cumin powder
- 2 Tbsp. cilantro, chopped
- Salt to taste

Mix all ingredients and serve. **Nutritional Analysis:** calories, 103; fat, 1 g; sodium, 102 mg; cholesterol, 2 mg; fiber, 2 g.

Pineapple Poppy Seed Salad

- 1 fresh pineapple
- 2 kiwi fruit, peeled, sliced
- 2 bananas, peeled, sliced
- 1 cup strawberries
- 1 cup melon cubes or balls
- Poppy Seed Dressing

Cut pineapple in half lengthwise through crown. Cut fruit from shells, leaving shells intact. Cut pineapple into quarters. Trim off core and cut fruit into chunks. Combine pineapple with remaining fruit. Toss with Poppy Seed Dressing. Marinate at least 15 minutes for the most delicious flavor. Spoon into shells to serve. Pass extra dressing to add to each serving, if desired. Makes 4 servings.

Nutritional Analysis: calories, 221; fat, 2 g; sodium, 11 mg; cholesterol, 0 g; fiber, 4 g.

Poppy Seed Dressing

- 1/2 cup pineapple juice
- 2 Tbsp. lime juice
- 2 Tbsp. honey
- 1 Tbsp. poppy seeds
- 1 tsp. lime peel, grated

Combine all ingredients. Whisk to blend.

VEGETABLE

Vegetables	Steaming	Microwaving	Serving Suggestions
Asparagus: 1 lb.	Whole, 12-20 min.; cuts, 7-12 min.	Whole or cuts, 7-12 min.; let stand 3 min.	Serve hot with fresh lemon peel, lemon pepper, basil, grated Parmesan cheese or lowfat Italian salad dressing. Or marinate cooked asparagus in lowfat French salad dressing or vinegar and oil dressing.
Beans: 1 lb.—green or wax beans	15-20 min.	11-16 min.; let stand 1 min.	Season with dried Italian seasoning or basil leaves, or chopped onions during cooking. Serve with light sour cream and dill weed or mushrooms. Or marinate cooked beans in lowfat Italian salad dressing with chopped red pepper.
Broccoli: 1 lb.— 4 to 5 c. pieces	Spears, 12-14 min.; pieces, 10-12 min.	Spears or pieces, 8-12 min.; let stand 2 to 3 min.	Serve with tomato sauce, light sour cream, lowfat cheese sauce, mustard sauce, grated Parmesan cheese, or lemon pepper.
Carrots: 1 lb.—about 2-1/2 c. diced or 3 c. shredded	Whole, 20-30 min.; slices or strips, 8-11 min.	Whole or slices, 7-12 min.; let stand 3 min.	Season with mint, cinnamon, ginger, nutmeg, chives, or dill weed, or add raisins or chopped apples during cooking. Serve with parsley, honey, brown sugar or light sour cream.
Cauliflower: 1-1/4 to 1-1/2 lb.— 1 med. head	Whole, 20-25 min.; florets, 10-18 min.	Whole, 8-15 min.; let stand 3 min. Florets, 7-13 min.; let stand 3 min.	Season with nutmeg, rosemary, basil, caraway seeds, dill weed, or tarragon. Serve with lowfat cheese sauce, mustard sauce, grated Parmesan cheese or light sour cream.



COOKERY

Vegetables	Steaming	Microwaving	Serving Suggestions
<p>Corn: 4 ears— 2 to 3 c. kernels</p>	Ears, 5-9 min.; kernels, 4-6 min.	Ears, 3-4 min, per ear; let stand 2 min. Kernels, 5-9 min.; let stand 1 min.	Season with curry powder, nutmeg or basil. Serve with chopped green bell pepper, grated Parmesan cheese, onion, or chili sauce.
<p>Peas: 2 lb.— unshelled or 2 c. shelled</p>	8-12 min.	5-7 min.; let stand 1 min.	Season with marjoram, savory, mint, dill weed, basil or rosemary. Serve with lowfat cheese sauce, mushrooms, onions, or light sour cream.
<p>Potatoes or Sweet Potatoes: 1-1/2 to 2 lb.</p>	Whole, 30-35 min.; quarters, 20-25 min.; slices or chunks, 8-12 min.	For whole potatoes with skins, pierce with fork. Place 1 inch apart on paper towel in microwave. Microwave 12-16 min.; let stand 5 min. Quarters, slices or chunks, 7-11 min.; let stand 3 min.	Season with onions, chives or rosemary. Serve with lowfat cheese sauce, grated Parmesan cheese, light sour cream, or chili sauce.
<p>New Potatoes: 1-1/2 lb.— 10 to 12</p>	Whole, 18-22 min.	Whole, 8-12 min.; let stand 3 min.	Serve with grated lemon peel, chives, dill weed, light sour cream, lowfat Italian salad dressing, grated Parmesan cheese, green onions or parsley.
<p>Summer squash: 2 lb.—e.g., zucchini, or yellow</p>	5-10 min.	7-10 min.; let stand 3 min.	Season with oregano, marjoram, dill weed, nutmeg, ginger, allspice, rosemary, or lemon pepper. Serve with light sour cream, parsley or grated Parmesan cheese.

Fruit & Vegetable

Fruits	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Apples												
Apricots												
Avocados												
Bananas												
Blueberries												
Cantaloupe												
Cherries												
Grapefruit												
Grapes												
Honeydew												
Kiwi fruit												
Lemons												
Limes												
Melons												
Nectarines												
Oranges												
Papayas												
Peaches												
Pears												
Pineapple												
Plums												
Raspberries/Blackberries												
Strawberries												
Tangerines												
Tomatoes												
Watermelon												

Vegetables

Artichokes												
Asparagus												
Beans, Snap												
Beets												
Boston/Bibb												

Availability

Vegetables	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Broccoli	█	█										█
Brussel Sprouts			█	█	█	█			█			
Cabbage	█	█	█	█	█	█	█	█	█	█	█	█
Carrots						█	█	█	█	█	█	█
Cauliflower	█	█		█	█	█	█	█	█	█	█	█
Celery												
Corn	█	█	█	█	█	█	█	█				█
Cucumbers	█	█		█	█	█	█	█				
Eggplant	█	█	█	█	█	█	█	█	█	█	█	
Endive/Escarole			█	█	█							
Garlic												
Ginger												
Herbs, Fresh												
Horseradish Root			█	█	█							
Kale	█	█										█
Leeks	█	█	█	█							█	█
Lettuce, Iceberg	█	█	█	█	█	█	█	█	█	█		█
Lettuce, Leaf						█	█	█				
Mushrooms												
Onions, Dry	█	█	█	█	█	█	█	█	█	█	█	█
Onions, Green									█	█		
Peas, Green	█	█	█	█	█	█	█	█				
Peppers, Sweet	█	█			█	█	█		█	█	█	
Potatoes												
Radishes		█	█	█	█							
Romaine Lettuce								█	█	█		
Spinach	█	█				█	█	█				
Sprouts												
Squash, Summer						█	█					
Squash, Winter												
Sweet Potatoes											█	█

Source: Produce Marketing Association, Newark, DE.



Regular Availability



Peak Season

RESOURCE LIST

Cookbooks

The New American Diet. S. Connor and W. Connor, Simon and Schuster, 1986. Complete step-by-step explanation of why and how to change to a new way of eating.

Jane Brody's Good Food Book. J. Brody, W.W. Norton & Company, 1985. Complete explanation of high fiber, high carbohydrate foods and how to use more in your meals.

Jane Brody's Good Food Gourmet. J. Brody, W.W. Norton & Company, 1990. Healthy recipes for entertaining.

Low fat International Cuisine. J. Rubey, Bristol Publishing Enterprises, Inc., 1989. Contains wonderful recipes for making popular international dishes lower in fat.

Fabulous Fiber Cookery. E. Groen and J. Rubey, Bristol Publishing Enterprises, Inc., 1988. Offers new ideas for quick bean cookery, easy snacks and ways to include more fiber in your cooking.

Light Desserts-Sunset. Lane Publishing, 1987. A variety of delicious low fat dessert recipes.

Light and Healthy Microwave Cooking. J. Emal and E. Taylor, HP Books, 1986. A collection of recipes for the microwave. It includes ideas for breakfasts, snacks, and desserts.

Simply Healthy. Group Health Consumers, View Publications, Group Health Cooperative, Seattle, WA 1989. Contains healthy recipes contributed by Group Health members.

The New Laurel's Kitchen. L. Robertson, C. Flinders, B. Ruppenthal, Ten Speed Press, 1986. Down-to-earth guide to nutrition and vegetarian eating.

The American Cancer Society Cookbook. A. Lindsay, Hearst Books, 1988. Delicious, lowfat, high fiber recipes. Includes tasty fruit desserts.

Magazines:

Cooking Light

Better Homes and Gardens

Woman's Day

Eating Well

Family Circle

Sunset

Redbook

Good Housekeeping



FRED
HUTCHINSON
CANCER
RESEARCH
CENTER



School of Public Health
and Community Medicine

"Soul Catcher" Emblem by: Marvin Oliver

