

# Up Where We Belong



**A Guide to 5 a Day for Better Health**

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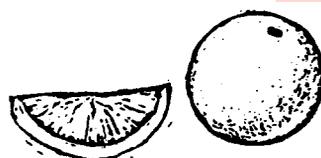
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## What Is 5 a Day for Better Health?

**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.**

# Introduction

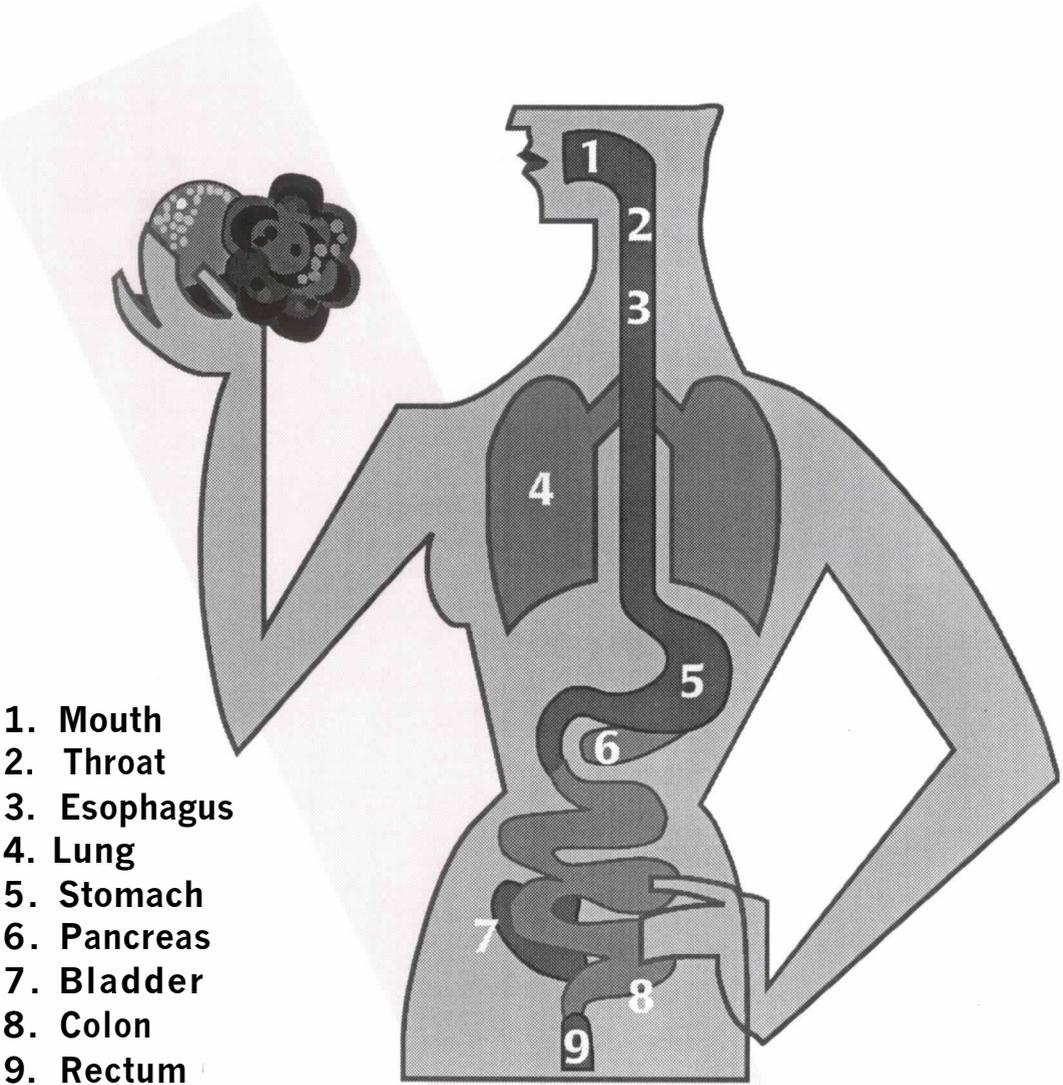
“Up Where We Belong” is a program by Black Churches United for Better Health, a 5 a Day research project in North Carolina. The project encourages people to eat at least five servings of fruits and vegetables a day to help prevent cancer.

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!



# 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.



## Three benefits of eating five fruits and vegetables a day are that they:

- ① Can help prevent cancer:
- ② Can help you control your weight: and
- ③ Provide fiber or bulk to the diet that:
  - ▶ May help lower cholesterol:
  - ▶ Helps prevent constipation: and
  - ▶ Helps control blood sugar in diabetes.



# 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

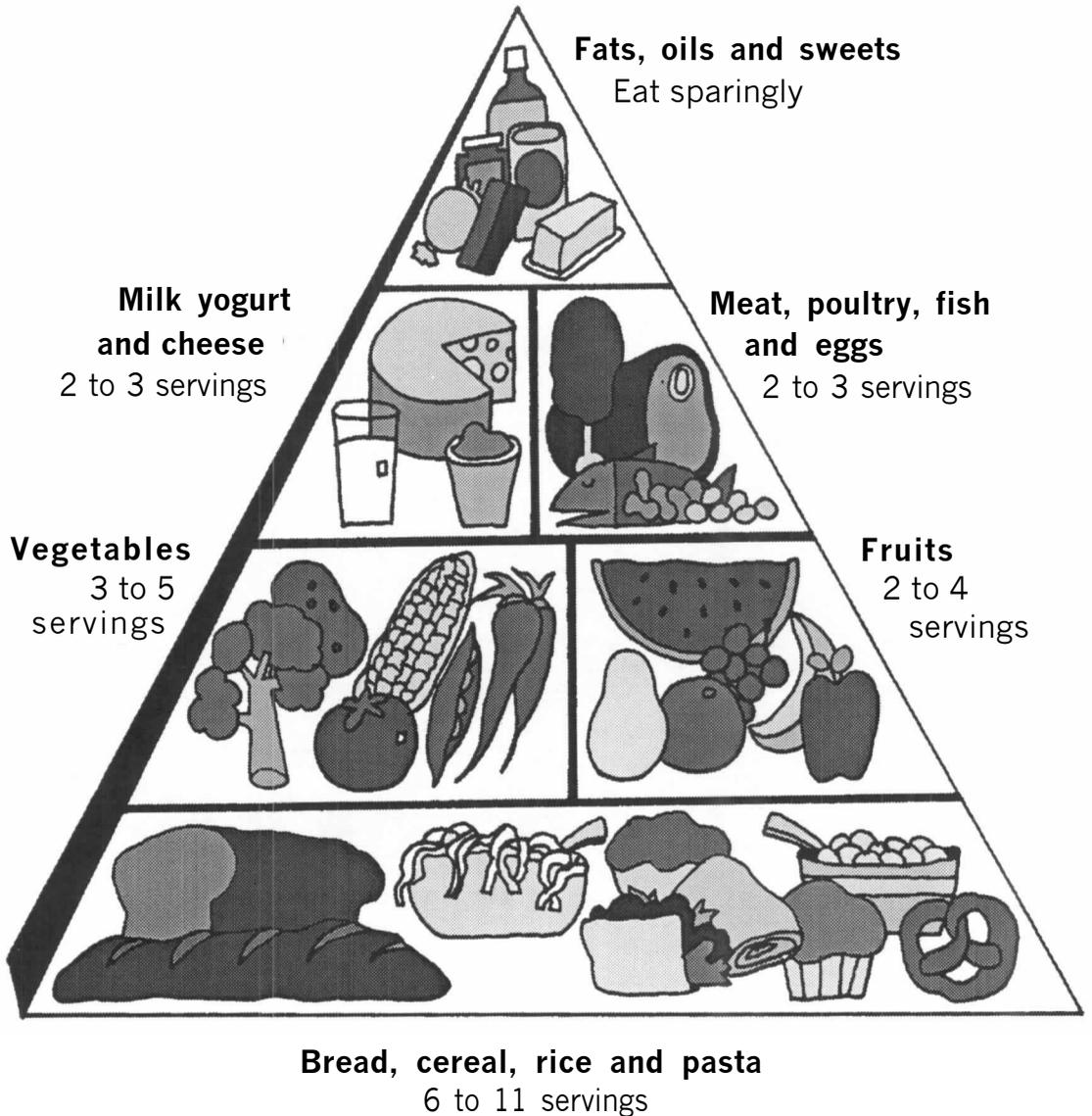
Broccoli  
Cauliflower  
Greens  
Peppers  
Potatoes  
Tomatoes

## Cruciferous Vegetables (Mustard/Cabbage family)

Broccoli  
Brussels sprouts  
Cabbage  
Cauliflower  
Collards

Kale  
Mustard greens  
Radishes  
Turnips

# Your Daily Food Guide



# Lighten It Up!

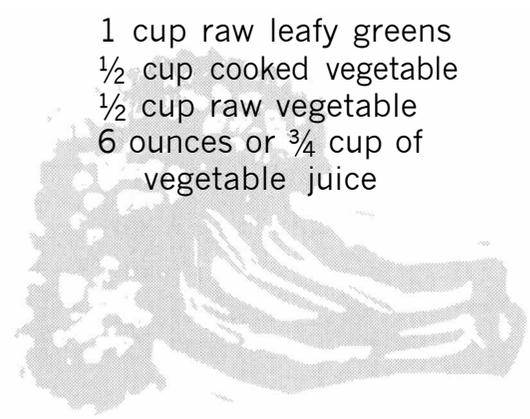
## Quick Substitutions for Healthier Dishes

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!

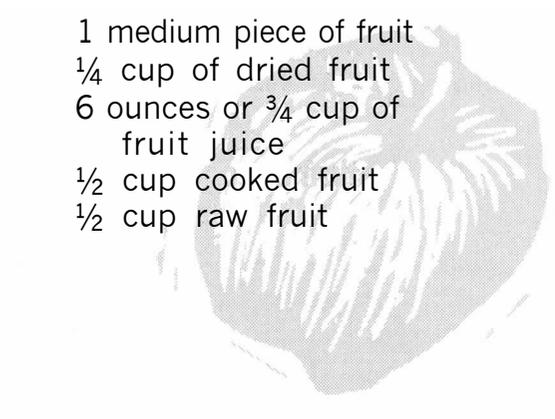
Many people think that a serving size is how much is on their plate or in their glass. It is important to understand how much fruit or vegetable is considered a serving by the 5 a Day program. There is a difference between a “helping” and a “serving.” You may be eating more servings of fruits and vegetables 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  
½ cup cooked vegetable  
½ cup raw vegetable  
6 ounces or ¾ cup of vegetable juice

## One Serving of Fruit



1 medium piece of fruit  
¼ cup of dried fruit  
6 ounces or ¾ cup of fruit juice  
½ cup cooked fruit  
½ cup raw fruit

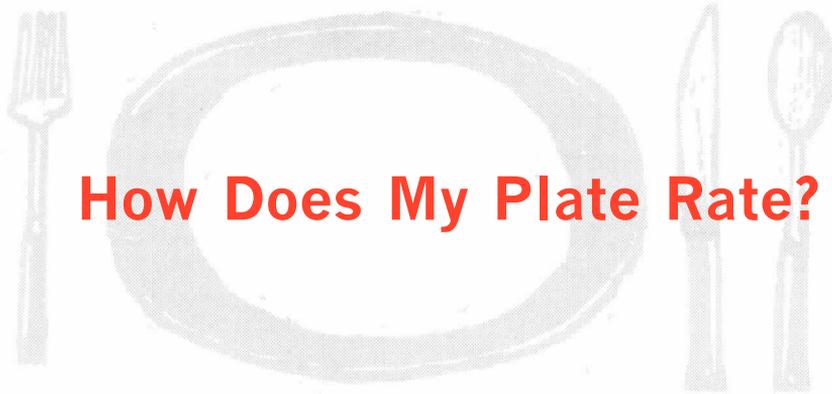
## Sample Menu

For example, a medium apple, 1 cup of cooked greens, 12 ounces of 100% apple juice and ½ 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)
½ 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.



## How Does My Plate Rate?

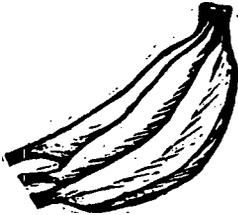
In the space below, write down everything you ate yesterday.

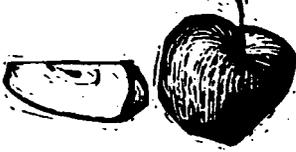
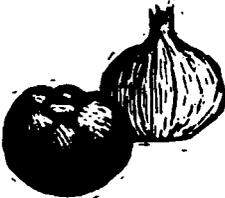
Now, using the page labeled “**Know Your Serving Size,**” figure out how many fruit and vegetable servings you ate yesterday.

<b>What I Ate Yesterday:</b>	<b>Number of Fruit and Vegetable Servings:</b>
Breakfast	
Lunch	
Dinner	
Snacks	
<b>Total Number of Servings of Fruits and Vegetables</b>	

# 5 a Day? No Problem!

## Overcoming Your Concerns

Concern	Solution
<p>▶ Fruits and vegetables cost too much.</p> 	<ul style="list-style-type: none"> <li>▶ Buy less expensive fruits and vegetables like apples, oranges, bananas, cabbage, carrots and greens.</li> <li>▶ Buy fruit that is in season or on sale.</li> <li>▶ Try to buy less junk food like cookies and potato chips. Buy more fruits and vegetables.</li> <li>▶ Grow or pick your own - can or freeze them for later!</li> <li>▶ Shop at a Farmers Market.</li> <li>▶ Lower your grocery bill by fixing dried beans instead of meat.</li> </ul>
<p>▶ I don't know how to cook or prepare fruits and vegetables.</p> 	<ul style="list-style-type: none"> <li>▶ Sign up for Cooking with Pizzazz - a cooking class by Cooperative Extension to teach you how to prepare simple and healthy fruit and vegetable recipes. Contact your local Cooperative Extension Agent for class dates and times.</li> <li>▶ Microwave frozen or canned vegetables.</li> <li>▶ Watch Cooperative Extension's <b>ALMANAC</b> on PBS.</li> <li>▶ Talk to a <b>Nutrition Action Team</b> member about where to get simple healthy recipes.</li> <li>▶ Look for the Black Churches United for Better Health Cookbook. Contact a Nutrition Action Team member to get a copy.</li> </ul>

Concern	Solution
<p>▶ Preparing fruits and vegetables takes too much time.</p> 	<ul style="list-style-type: none"> <li>▶ Buy frozen or raw vegetables that are already cleaned and cut up.</li> <li>▶ Eat raw fruits and vegetables like apples and carrots.</li> <li>▶ Drink 100% fruit and vegetable juices.</li> <li>▶ Cook with a microwave.</li> <li>▶ Sign up for <b>Cooking with Pizzazz</b> - a cooking class to teach you how to prepare simple and healthy fruit and vegetable recipes. Contact your local Cooperative Extension Agent for dates and times.</li> <li>▶ Add sliced fruit to your cereal for breakfast.</li> </ul>
<p>▶ I have trouble keeping fruits and vegetables from spoiling.</p> 	<ul style="list-style-type: none"> <li>▶ Can or freeze fresh fruits and vegetables to keep them from spoiling.</li> <li>▶ Store fruits and vegetables in the crisper in your refrigerator - this will help them last longer.</li> <li>▶ Purchase frozen or canned vegetables from the grocery store.</li> <li>▶ Ask the <b>Specialized Master Gardener</b> at your church.</li> </ul>
<p>▶ My family eats fruits and vegetables too fast. I buy them and they are gone.</p>	<ul style="list-style-type: none"> <li>▶ Buy large bags of inexpensive fruits and vegetables like apples, oranges or carrots.</li> <li>▶ Buy in-season fruits and vegetables - they are cheaper!</li> </ul>
<p>▶ I don't like the taste of most fruits and vegetables.</p> 	<ul style="list-style-type: none"> <li>▶ Experiment with new recipes, such as those in the appendix or the <b>Black Churches United for Better Health Cookbook</b>.</li> <li>▶ Eat the fruits and vegetables you do like more often.</li> </ul>

# What Might Keep You from Eating Five Fruits and Vegetables a Day?

Think for a moment about what makes it hard for you to eat five fruits and vegetables a day.

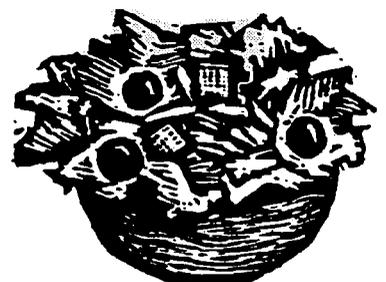
- ▶ *For example, eating five fruits and vegetables a day may be hard for you because you feel like you don't have the time to prepare them.*

In the space on the left below, list two things that you feel keep you from eating five servings of fruits and vegetables a day.

Now take your first step toward eating 5 a Day! Think of one way you can overcome each concern listed below. Remember, be specific and realistic.

- ▶ *For example, slicing a banana over your cereal in the morning is a quick way to add a serving of fruit each day.*

<b>My personal 5 a Day concerns are:</b>	<b>I can conquer my concern by:</b>
1.	1.
2.	2.



# The Cancer Information Service

## 1-800-4-Cancer

(1-800-422-6237)

**The Cancer Information Service provides accurate, up-to-date information on cancer to patients and their families, health professionals and the general public.**

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.

## Additional Resources

American Cancer Society  
(1-800-227-2345) 1-800-ACS-2345

American Dietetic Association  
Consumer Nutrition Hotline 1-800-366-1655

Diabetes Information and  
Action line 1-800-682-9692

Cooperative Extension Teletip 1-800-662-7301

Local Cooperative Extension

Food and Nutrition Agent \_\_\_\_\_

Horticulture Agent \_\_\_\_\_

Local Health Department \_\_\_\_\_

Contact \_\_\_\_\_



# Appendix



## Rice With Collards

2 cups broth (chicken or vegetable)  
1 cup long-grain rice (white or brown)  
1 tablespoon margarine  
3 cups chopped fresh collards  
freshly ground black pepper, to taste

Bring broth to a boil in a medium saucepan. Add rice and margarine. Stir rice and add collards in three batches. Stir mixture after each addition.

Return mixture to a boil, reduce heat, cover pan and simmer mixture for 20 minutes (35 minutes for brown rice) or until rice is done. Add pepper, if needed. Serves 4. *This recipe meets 5 a Day criteria.*

**Calories 221**  
**Fat 2.1 grams**



**Sodium 406 mg.**  
**9% Calories from fat**

\* Reprinted with permission from *Jane Brady's Good Food Book*, WW Norton & Company, Inc.

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## Melon With Blueberries

½ cantaloupe  
½ honeydew melon  
2 cups watermelon, cubed  
1 cup blueberries

2 tablespoons honey  
2 tablespoons lemon juice  
fresh mint leaves

Cut cantaloupe and honeydew melons into cubes or balls. Combine fruit in serving bowl. In small dish, combine honey and lemon juice. Stir until mixed. Pour over melons and toss to mix. Cover and refrigerate until serving time. Serve at room temperature. Makes 6 servings. *This is an official 5 a Day recipe.*

**Calories 120**  
**Fat 1 gram**



**Cholesterol 0 mg.**  
**7% Calories from fat**

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## Garlicky Green Beans

- 1 pound green beans, trimmed
- 1 small onion, chopped (½ cup)
- 2 tablespoons minced garlic (2 large cloves)
- 2 tablespoons canola or olive oil
- 1 tablespoon flour
- 1 tablespoon paprika
- 1 16-ounce can whole tomatoes, drained and coarsely chopped.

Steam green beans for 5 minutes, then quickly chill them under cold water and set aside. Coarsely chop tomatoes. Reserve the liquid.

In a medium saucepan, saute onion and garlic in oil for about 3 minutes. Stir in flour and paprika. Cook mixture for 1 minute and then stir in reserved liquid from tomatoes. Cook mixture, stirring until slightly thickened.

Add tomatoes and green beans, mixing well. Cook and stir over medium heat for about 2 minutes or until heated through and the beans are tender crisp. Serves 4. *This recipe meets 5 a Day criteria.*

**Calories 89**  
**Fat 2.8 grams**



**Sodium 210 mg.**  
**29% Calories from fat**

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## Strawberry Yogurt Shake

- ½ cup unsweetened pineapple juice
- ¾ cup plain low fat yogurt
- 1 ½ cups frozen, unsweetened strawberries
- 1 teaspoon sugar

Add ingredients, in order listed, to blender container. Puree at medium speed until thick and smooth. Makes 2 (1 ½ cup) servings. *This is an official 5 a Day recipe.*

**Calories 136**  
**Cholesterol 4 mg.**



**Sodium 63 mg.**  
**9% Calories from fat**

## Old Fashioned Peach Cobbler

½ cup packed brown sugar	1 teaspoon baking powder
½ teaspoon cinnamon	¼ cup margarine
1 teaspoon grated lemon or orange rind	¼ cup granulated sugar
1 teaspoon lemon juice	1 egg, lightly beaten
4 cups sliced peaches	½ cup low-fat milk
¾ all purpose flour	½ teaspoon vanilla
½ cup whole wheat flour	

Lightly butter an 8 cup baking dish. In large bowl, combine brown sugar, cinnamon, grated lemon rind and lemon juice. Mix well. Add peaches and toss to mix. Transfer to baking dish.

Combine flours and baking powder. In mixing bowl, cream butter and granulated sugar until light and fluffy. Beat in egg. Add dry ingredients alternately with milk. Add vanilla, mixing until just combined. Drop batter by spoonfuls over peach mixture. Bake in 375° oven for 25 to 35 minutes or until peaches are tender and top is golden brown. Makes 8 Servings. *This recipe meets 5 a Day criteria.*

**Calories 249**  
**Fat 6.7 grams**



**Sodium 230 mg.**  
**24% Calories from fat**

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## Fruit Trifle

2/3 angel food cake, cubed  
2 boxes of instant sugar-free vanilla pudding prepared with skim milk  
3 cups strawberries, sliced  
3 cups bananas, sliced  
1 cup lite whipped topping

Prepare pudding and allow to set.

In a large bowl, preferably glass, layer 1/3 of angel food cake, pudding, strawberries and banana. Repeat layers until top of bowl is reached or ingredients are gone. Smooth a layer of whipped topping over top layer. Chill overnight and serve. Serves 12. *This is an official 5 a Day recipe.*

**Calories 219**  
**Fat 1.3 grams**



**Sodium 327 mg.**  
**5% Calories from fat**

## Peach Blueberry Crisp

6 cups peeled, sliced fresh peaches  
2 cups blueberries  
1/3 cup brown sugar, packed  
2 teaspoons all-purpose flour  
2 teaspoons cinnamon

### Topping:

1 cup quick cooking rolled oats  
1 teaspoon cinnamon  
1/4 cup brown sugar, packed  
3 teaspoons soft butter

In 8 cup baking dish, combine peaches and blueberries. In small bowl, combine sugar, flour and cinnamon. Add to fruit and toss to mix.

**Topping:** Combine rolled oats, sugar and cinnamon. With pastry blender or two knives cut in butter until crumbly. Sprinkle over top of fruit mixture. Bake in 350° oven for 25 minutes, or microwave on high for 10 minutes, or until mixture is bubbling and fruit is barely tender. Serve warm or cold. Makes 8 servings. *This recipe meets 5 a Day criteria.*

**Calories 221**  
**Fat 5.3 grams**



**Sodium 38 mg.**  
**21% Calories from fat**

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## Farmstand Sauté

2 large ears of fresh corn  
2 teaspoons olive oil  
3 cups sliced green beans  
1/2 cup onion  
1/8 teaspoon pepper  
2 1/2 cups seeded tomato  
1 teaspoon chopped fresh basil  
2 teaspoons white wine vinegar

Cut whole kernels from ears of corn. Set aside.

Heat oil in large skillet over medium high heat. Add green beans and onions. Saute 7 minutes. Add corn, salt and pepper. Cook over medium heat 5 minutes, stirring occasionally. Remove from heat. Stir in remaining ingredients. Makes 5 (1 cup) servings. *This recipe meets 5 a Day criteria.*

**Calories 113**  
**Fat 2.8 grams**



**Sodium 255 mg.**  
**23% Calories from fat**

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## Watermelon Slush

8 cups cubed, seeded watermelon  
¼ cup sifted powdered sugar  
1 can frozen lemonade concentrate, thawed and undiluted

Place watermelon in a large bowl. Cover and freeze. Place half of frozen watermelon, half of powdered sugar and half of concentrate in a blender. Process until smooth. Pour mixture evenly into glasses. Repeat procedure with remaining watermelon, powdered sugar and concentrate. Serve immediately.

Makes 7 (1 cup) servings. *This recipe meets 5 a Day criteria.*

**Calories 119**  
**Fat 0.8 gram**



**Sodium 6 mg.**  
**6% Calories from fat**

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## Five Fruit Salad for 5 a Day

(You may substitute fruits as available or in season.)

½ cup orange juice  
1 cup seedless grapes  
1 orange, peeled, sliced and quartered  
1 banana, peeled and sliced  
1 peach or nectarine, pitted and cubed

Pour juice over fruits and refrigerate until cold. Makes 4 servings. *This is an official 5 a Day recipe.*

**Calories 94**  
**Fiber 1.9 grams**  
**Fat 0.5 gram**



**Sodium 2 mg.**  
**4% Calories from fat**

*Recipe provided by the California Table Grape Commission.*

## Carrot Apple Salad

- 1 cup shredded carrot
- 3 medium Empire or Macintosh apples, unpared and diced
- 1 teaspoon lemon juice
- ½ cup raisins
- 1/3 cup cholesterol-free, reduced-calorie mayonnaise
- Salad greens

Combine all ingredients except salad greens. Chill thoroughly. Serve on salad greens. Makes 6 (2/3 cup) servings. *This is an official 5 a Day recipe.*

**Calories 126**  
**Sodium 89 mg.**  
**Fat 4 grams**



**Fiber 2 grams**  
**Cholesterol 3 mg.**  
**30% Calories from fat**

*Recipe provided by the Western New York Apple Growers Association.*

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## Peach Bowl

(You may substitute fruits as available or in season.)

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

In a decorative glass bowl, layer fruit. Pour orange juice over mixture, cover and let marinate in refrigerator for 2 hours. Makes 10 servings. *This is an official 5 a Day recipe.*

**Calories 99**  
**Fiber 3 grams**  
**Fat 0.6 gram**



**Cholesterol 0 mg.**  
**Sodium 8 mg.**  
**5% Calories from fat**

*Recipe provided by the Georgia Peach Commission.*

## Orange and Banana Crush

- 1 orange, peeled, cut into chunks
- 1 medium banana, peeled, cut into chunks
- 1 can (6 ounces) unsweetened pineapple juice
- 1 cup crushed ice
- 1 teaspoon honey

In blender container, combine all ingredients. Blend until smooth. Makes 3 (7 ounce) servings. *This is an official 5 a Day recipe.*

**Calories 112**  
**Sodium 1 mg.**  
**Fat 0 grams**



**Fiber 2 grams**  
**Cholesterol 0 mg.**  
**2% Calories from fat**

*Recipe provided by SunKist Growers, Inc.*

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## Rainbow Fruit Salad

(You may substitute fruits as available or in season.)

- 1 large mango, peeled and diced
- 2 cups blueberries
- 2 bananas, sliced
- 2 cups strawberries, halved
- 2 cups seedless grapes
- 2 nectarines, unpeeled and sliced
- 1 kiwi fruit, peeled and sliced

### **Honey orange sauce:**

- 1/3 cup unsweetened orange juice
- 2 teaspoons lemon juice
- 1 1/2 teaspoons honey
- 1/4 teaspoons ground ginger
- dash of nutmeg

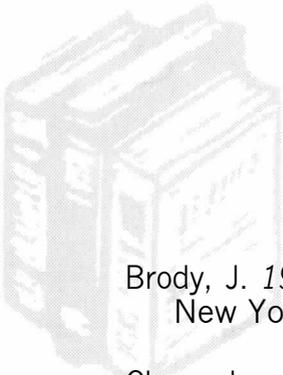
Prepare fruit. Combine all ingredients for sauce. Mix. Just before serving, pour honey orange sauce over fruit. Makes 12 servings. *This is an official 5 a Day recipe.*

**Calories 99**  
**Sodium, 4 mg.**  
**Fat 1 gram**



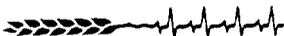
**Fiber 2 grams**  
**Cholesterol 0 mg.**  
**6% Calories from fat**

*Recipe provided by the National Heart, Lung and Blood Institute.*



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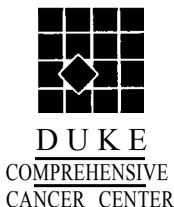
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School of Public Health



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Black Churches United  
for Better Health  
- 5 a Day -



For more information about the BLACK CHURCHES UNITED FOR BETTER HEALTH project, contact the: Health Promotion Branch, Division of Public Health  
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State of North Carolina • James B. Hunt, Jr., Governor

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