



Five a Day

It is recommended that each individual receive at least five fruits and vegetables in one single day. Fruits and vegetables are good sources of fiber and are low-calorie food choices. How you receive your five fruits and vegetables is your choice. Below is a list of serving sizes for fruits and vegetables along with tips and recipes to help reach your goal of five a day.

Fruits	Vegetables
½ Cup Canned Fruit Juice (Own Juice or Light Syrup)	1 Cup Raw Leafy Vegetables
1 Medium Whole Piece of Fruit	1 Cup Raw Cut Up Vegetables
1 Cup of Melon or Berries	6 Ounces of Vegetable Juice
½ Cup 100% Fruit Juice (Only 1 Cup Per Day)	
¼ Cup Dried Fruit	

Tips and Recipes

- Fruits and vegetables may be consumed with a low-fat or fat-free fruit dip, vegetable dip or salad dressing if desired.
- Ants on a log: Peanut-butter-stuffed celery topped with raisins.
- Fruit smoothie: Favorite fruits blended with skim milk, low-fat yogurt and ice cubes made with fresh or frozen fruit. You may also freeze the blend to have as a bedtime snack.
- Trail mix: Dried fruit mixed with any variety of nuts or sunflower seeds (be careful of choking hazard in toddlers).
- Fruit kabobs: Take your favorite fresh or frozen fruit and place the fruit on a skewer. You may also have a low-fat or fat-free yogurt or fruit dip available for dipping.
- Fruit pizza: Pizza crust topped with fat-free cream cheese and assorted fruit. Bake the crust and set aside to cool. Once cool, spread cream cheese mixture over crust and top with fruit. Cream cheese mixture consists of 8 ounces of cream cheese, 1/3 cup sugar and ½ teaspoon of vanilla.
- Vegetable quesadilla or burrito: Tortilla filled with your favorite vegetables and cheese. Top with lettuce and/or salsa. For quesadilla, fold tortilla in half and bake in oven until crispy.
- Salad: Salad greens topped with assorted fresh vegetables (broccoli, carrots, bell peppers, radishes, celery, tomatoes, etc). Use low-fat or fat-free salad dressing. You may also top the salad with fresh fruit such as apple slices or mandarin oranges.
- Vegetable pizza: Pizza crust topped with pizza sauce, assorted vegetables and low-fat cheese.