



SEE YOUR WAY TO FIVE EVERY DAY



Five servings of fruits and vegetables every day might seem like a lot to ask. It may be easier to visualize adding color to your meals. Here are some ideas on how your family can aim for Five Every Day that may inspire you to find your own unique approach.

	Example One	Example Two	Example Three	Create your Own Plan:
BREAKFAST	A handful of blueberries or a banana cut up and added to your high-fiber cereal and low-fat milk.	Six to eight Strawberries cut up and added to a cup of low-fat vanilla yogurt and some granola.	Half a cup of mushrooms and half a cup of bell pepper chopped and added to your scrambled eggs or omelette.	
MID-MORNING SNACK	Whole grain crackers topped with low-fat soft cheese plus a slice of tomato or cucumber.	A handful of raw baby carrots dipped in low-fat sour cream or ranch dressing.	A piece of whole fruit like an apple, nectarine, plum, apricot, tangerine, orange or banana.	
LUNCH	A salad made up of dark leafy greens, carrots, and other fruits or veggies of your choosing.	Add slices of cucumbers, spouts, tomatoes, or avocado to your sandwich.	A bowl of homemade vegetable soup or chili.	
AFTERNOON SNACK	A sliced apple topped with peanut butter and raisins.	Whole grain tortilla chips dipped in salsa, guacamole, or black bean dip. Or try dipping veggie sticks in hummus.	8 ounces of frozen, 100% natural orange juice eaten like you would ice cream or sorbet.	
DINNER	Accompany your chicken or fish with some steamed mixed vegetables like broccoli, carrots, and cauliflower. Maybe some apple sauce as well?	Finely chopped onions, mushrooms and broccoli added to your spaghetti sauce or as pizza toppings.	Start dinner with a fresh salad. Use dark leafy greens, fresh tomatoes, fresh green pepper, grapes or currants for added flavor.	

