



**HEAD
START**
OF LANE COUNTY

Take the 5 Day Challenge

Healthy Kids Nutrition Challenge



More is Better: Fruits & Vegetables



Eating five or more servings of fruits and vegetables is the simple "5 A Day" message, and a smart strategy for better health. Fruits and vegetables taste great, give you energy throughout the day, and in general, are:

- colorful and crunchy
- easy to prepare
- low in fat
- low in calories
- cholesterol free
- full of vitamins, minerals, and fiber

The "5 A Day Challenge" is a simple and easy way to help improve your health. By taking the challenge, you will see how easy it is to add fruits and vegetables to your eating plan - first for a day, then for a week, and ultimately for a lifetime. Invite a group of friends, family members or coworkers to challenge you in eating more fruit and vegetables - and in sharing good health!

What is a Serving?

Eating five or more servings a day is easy. One serving is less than many people think. One serving is:

- One medium fruit, such as an apple, banana or orange.
- 1/2 cup cut-up fruit, such as fruit salad.
- 1/4 cup dried fruit, such as raisins, prunes, apricots, or dates.
- 3/4 cup or 6 ounces of fruit or vegetable juice, such as grapefruit or tomato.
- 1/2 cup raw or cooked vegetables such as broccoli, cauliflower, or zucchini
- 1 cup raw, leafy vegetables such as romaine or green leaf lettuce.



Most people eat about three servings of fruits and vegetables a day. Use the following tips to build your fruit and vegetable intake up to the minimum of a day:

Start the day with fruits and vegetables. A 6-ounce glass of 100 percent juice, such as orange or grapefruit, and a sliced banana or berries on your cereal can give you a delicious, low-fat, high-fiber head start.

Fruits and vegetables are portable. They can give you a quick boost of flavor and energy anytime. Pack an apple or a bag of carrot sticks, raisins, or dried apricots in your glove compartment, purse, or briefcase. On the run? Keep fruits and vegetables within easy reach. Put a bowl of fruit on the counter in the kitchen. Make sure fruits and vegetables are clearly visible when you open the refrigerator.

Cut up your favorite vegetables to store in re-closable plastic bags. If you see it, you may be more likely to want some.

Stock up for the week. Keep a variety of fruits and vegetables - fresh, frozen, canned, dried - in your refrigerator, cupboard, and freezer.

Fixing a meal in a hurry? The microwave is a quick and easy way to prepare vegetables while preserving nutrients. Pop a potato in the microwave at the end of a hectic day, and top it with salsa for a quick meal. Add microwaved broccoli and corn to your zesty spud and you've got a colorful, tasty and nutritious meal. For dessert, have a scoop of low-fat frozen yogurt topped with fresh berries or sliced peaches.

Visit <http://www.hsolc.org> for more information.

5 Day Healthy Kids Nutrition Challenge



Fruit & Vegetable Servings

Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Notes:					

Questions? Please contact:

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