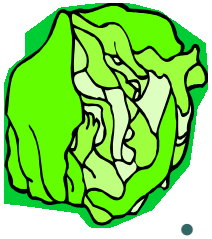
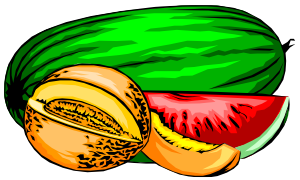
Five-A-Day

The Food Guide Pyramid recommends eating at least 5 servings of fruit and vegetables a day (3-5 servings of vegetables and 2-4 servings of fruit a day so 3 vegetables + 2 fruits = 5 servings of fruits and vegetables).

Why?

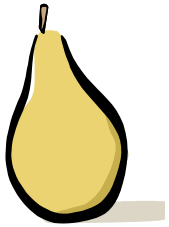


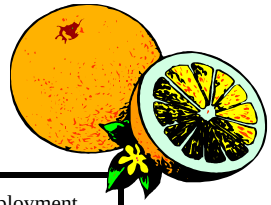
- Low in calories and fat
- High in vitamins, minerals, and other healthy ingredients
- High in fiber
- Help to prevent cancer, heart disease, and other chronic diseases
- Easy to fix and serve
- Lots of choices that taste great

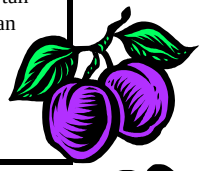


Points to remember

- Eat at least one vitamin A rich choice (such as cantaloupe, carrots, spinach, or a sweet potato) every day.
- Eat at least one vitamin C rich choice (such as grapefruit, oranges, cauliflower, or peppers) every day.
- Eat at least one high fiber choice (such as winter squash, corn, potatoes with skin, or apples) every day.
- Eat cabbage family vegetables (such as cabbage, broccoli, Brussels sprouts, or cauliflower) several times a week.







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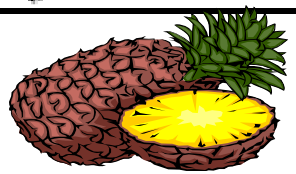

August

Banana Orange Smoothie

1 cup yogurt (plain, vanilla, ***or*** fruit flavor)
2 cups milk
1 1/2 cups sliced banana (3 small)
4 oz. (1/2 cup) frozen orange juice concentrate
2 tbsp sugar
Dash ground cinnamon
6 ice cubes

1. Combine all ingredients in blender.
2. Blend until smooth. Serves 6.

**If you do not have a blender, mash banana with a fork. Then combine all ingredients in a quart jar or bowl. Mix well with a wire whisk, potato masher, or fork until smooth. Serve over ice if desired.

Other fruit can be added in addition to ***or* used in place of the fruit in the recipe.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Make peanut butter and banana sandwiches instead of peanut butter and jam.				Add fresh, frozen, ***or*** canned vegetables (green beans, corn, peas, etc.) to a can of soup.
			Top your pancakes with fruit instead of syrup, or mix fruit in the batter.			
Order extra vegetables when eating out.				Prepare jello with juice instead of water and add fruit slices.		
	Add more vegetables to your favorite casserole recipes.				Top off your ice cream with fresh fruit.	
		To make a quick pizza: Top a slice of bread or tortilla with spaghetti sauce, cheese, and vegetables.				

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