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1-1-2002

August: Five-A-Day

Utah State University Extension

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## Recommended Citation

 $\label{thm:condition} Extension, Utah State University, "August: Five-A-Day" (2002). \textit{All Archived Publications}. Paper 681. \\ http://digitalcommons.usu.edu/extension_histall/681$ 

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## 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).





• 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













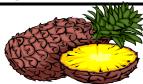
- Eat at least one vitamin A rich choice (such as cantaloupe, carrots, spinach, or a sweet potato) every day.
- Eat at least one vitamin C rich choice (such as grapefruit, oranges, cauliflower, or peppers) every day.
- Eat at least one high fiber choice (such as winter squash, corn, potatoes with skin,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



State of Utah



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## August

	SUN	MON	TUE	WED	Тни	FRI	SAT
Banana Orange Smoothie							
1 cup yogurt (plain, vanilla, <i>or</i> fruit flavor)			Make peanut butter and banana sand-				Add fresh, frozen,
2 cups milk			wiches instead of				or canned vegeta- bles (green beans,
1 1/2 cups sliced banana			peanut butter and				corn, peas, etc.) to a
(3 small) 4 oz. (1/2 cup) frozen orange			jam.				can of soup.
juice concentrate							
2 tbsp sugar							
Dash ground cinnamon				Top your pancakes			
6 ice cubes				with fruit instead of			
1. Combine all ingredients in				syrup, or mix fruit in the batter.			
blender. 2. Blend until smooth. Serves 6.							
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	Order extra vegeta-				Prepare jello with juice instead of water		
a wire whisk, potato masher, or	bles when eating out.				and add fruit slices.		
fork until smooth. Serve over							
ice if desired.							
**Other fruit can be added in							
addition to or used in place of		Add more vegetables				Top off your ice	
the fruit in the recipe.		to your favorite cas-				cream with fresh	
		serole recipes.				fruit.	
			To make a quick				
			pizza: Top a slice of bread or tortilla with				
			spaghetti sauce,				
NEP			cheese, and vegeta- bles.				
Nutrition Education Program for Families			DICS.				