2002

August: Five-A-Day

Utah State University Extension

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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).

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.
**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.

**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.**

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<td>Make peanut butter and banana sandwiches instead of peanut butter and jam.</td>
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<td>Add fresh, frozen, or canned vegetables (green beans, corn, peas, etc.) to a can of soup.</td>
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<td>Order extra vegetables when eating out.</td>
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<td>Add more vegetables to your favorite casserole recipes.</td>
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<td>To make a quick pizza: Top a slice of bread or tortilla with spaghetti sauce, cheese, and vegetables.</td>
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