

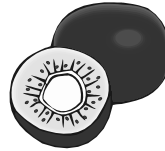


5 Points to Remember

#1 Enjoy at least five servings of fruits and vegetables EVERY day!

#2 Enjoy at least one vitamin C-rich selection every day.

- 1 orange
- 1/2 cup cooked frozen broccoli
- 1 kiwi fruit
- 1/2 cup canned tomato sauce
- 3/4 cup grapefruit juice



#3 Enjoy at least one vitamin A-rich selection every day.

- 1/2 cup raw carrots
- 1/2 cup cooked spinach
- 1/2 cup canned peaches
- 1/2 cup butternut squash
- 1 medium sweet potato



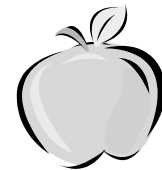
#4 Enjoy cabbage family vegetables several times a week.

- 1/2 cup raw broccoli
- 4 cooked Brussels sprouts
- 1/2 cup cooked cauliflower
- 1/2 cup cabbage
- 1/2 cup kohlrabi



#5 Enjoy at least one high-fiber selection every day.

- 1/2 cup cooked winter squash
- 1/2 cup frozen peas
- 3/4 cup raisins
- 1/2 cup canned black beans
- 1 medium apple



Developed by the NC Nutrition Education and Training Program
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