

Have you had your 7-a-day?



How many fruits and vegetables do you eat every day? To be healthy, it is recommended that we eat 7-9 servings of fruits and veggies a day. The average American only eats HALF of that. What about you?

What's so good about fruit and veggies? They can play an important role in reducing your risk of cancer and other chronic diseases. In addition, they are packed with nutritional goodness.

What's a serving?

- A piece of medium-sized fruit
- A glass of V-8 vegetable juice or 100% fruit juice
- A medium baked potato
- Half a banana
- A cup of leafy lettuce
- A bowl of berries...

How can you add some fruit and veggies to your life?

- Have a fruit or juice for breakfast
- Have a fruit or vegetable snack each day
- Stock up on dried, frozen and canned fruits and veggies
- Make fruit and vegetables visible in your home
- Microwave vegetables for dinner
- Grab an apple or some other portable fruit for snacks on the go...
- Snack on raw vegetables like baby carrots, pepper strips, broccoli and celery
- Pick up ready-made salads for an easy meal addition
- Stash bags of dried fruit in your car and at your desk
- Add frozen berries to your pancakes and waffles
- Stir fresh or frozen vegetables into your pasta, noodles or omelet...

Information provided by AHEC of the Plains.



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