



# WELLNESS ACTIVITY

## Are you getting 5 A Day?

Only 1 in 10 Americans eats the recommended amount of fruits and vegetables each day. Most miss out on the vitamins, minerals, and fiber these foods provide.

Making the effort to eat more fruits and vegetables has a significant upside. Getting the recommended five cups each day helps prevent:

- Obesity
- Type 2 diabetes
- Heart disease
- Some cancers



This month, challenge yourself to eat the recommended amount of fruits and vegetables each day. In general, that's about two 1-cup servings of fruits and three 1-cup servings of vegetables. According to the MyPlate guidelines from the U.S. Department of Agriculture, the amounts below count as 1 cup of fruits or vegetables:

- |                   |                    |                               |                      |
|-------------------|--------------------|-------------------------------|----------------------|
| 1 small apple     | 1 large orange     | 1 cup of broccoli florets     | 1 baked sweet potato |
| 1 large banana    | 1 large peach      | 2 cups of green leafy lettuce | 1 cup peas           |
| 1 cup blueberries | 1 medium pear      | 1 cup baby carrots            | 1 ear of corn        |
| 1 cup grapes      | 1 cup strawberries | 1 large bell pepper           | 1 cup cauliflower    |

To keep track of how many fruits and vegetables you include in your daily diet, and encourage yourself to eat the recommended daily amount, list the fruits and vegetables you eat each day on the chart below. ♦

### My 5 A Day

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday