



## Eat 5 or more fruits and veggies a day

### Why 5?

Eating at least 5 colorful fruits and veggies a day can help you:

- Maintain a healthy weight
- Reduce risk of disease
- Get enough fiber and improve digestion
- Get enough vitamins and minerals

### Size 'em up

Each equals 1 serving of fruit or veggie:

- 1/4 cup dried fruit (golf ball)
- 1/2 cup fruit or veggie (light bulb)
- 1 medium piece of fruit or 1 cup leafy greens (baseball)

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### Tip: Keep yourself safe

Rinse fruits and veggies before preparing or eating them. Under clean, running water, rub them briskly with your hands or a fruit/veggie brush. Keep fruits and veggies separate from raw meat, poultry and seafood while shopping, preparing and storing.

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### Tips and tricks

5 ways to get 5:

- 1 Wash. Cut.** Keep them handy and ready to grab.
- 2 Buy what's in season.** They taste great and cost less, too.
- 3 Encourage seconds.** Keep 'em on the table.
- 4 Add them to the bowl first.** Then top with cereal, yogurt, pasta or rice.
- 5 Bag the chips.** Veg out. Bake up some kale chips. Add chopped or pureed veggies to soup, pasta, eggs or pizza.

5 ways to “yum-ify” fruits and veggies:

- 1 Freeze 'em up.** Frozen grapes, blueberries or mangos make a cool treat.
- 2 Grill 'em up** to make them extra sweet and yummy.
- 3 Blend 'em up.** Put fruits and veggies in a smoothie.
- 4 Kabob em' up.** See how colorful you can make each one.
- 5 Spice 'em up** with herbs and a splash of lemon juice or balsamic vinegar.

# Cook up some fun with these yummy recipes

Recipes by [EatingWell.com](http://EatingWell.com)

## Power up with better bites

### Berry-Banana Smoothie

Makes 2 servings

#### Ingredients:

1 ripe banana  
1/2 cup raspberries  
1/4 cup blueberries  
1 1/2 teaspoons honey  
1/8 teaspoon ground cinnamon  
1/2 cup 100% apple juice  
1/2 cup ice

Place ingredients in the order listed in a blender. Pulse twice to chop the fruit, stir well, and then blend until smooth. Serve immediately.

### Cinnamon Oranges

Makes 4 servings

#### Ingredients:

4 navel oranges  
2 tablespoons orange juice  
2 tablespoons lemon juice  
1 tablespoon sugar  
1/4 teaspoon ground cinnamon

With a sharp knife, remove rind and white pith from oranges. Cut each into 5 or 6 slices and arrange on 4 plates. Whisk together orange juice and lemon juice, sugar and cinnamon. Spoon over the orange slices.

### Asparagus Topped with Creamy Tarragon Sauce

Makes 4 servings

#### Ingredients:

2 bunches asparagus  
1/2 cup low-fat plain yogurt  
6 tablespoons reduced-fat mayonnaise  
4 teaspoons chopped fresh tarragon  
1 tablespoon lemon juice  
1 tablespoon water  
2 teaspoons Dijon mustard  
Salt and freshly ground pepper

Bring 1 inch of water to a boil in a large saucepan. Put asparagus in a steamer basket, cover and steam until tender-crisp, about 4 minutes.

Meanwhile, whisk yogurt, mayonnaise, tarragon, lemon juice, water, mustard, salt and pepper in a small bowl. Drizzle the sauce over the asparagus. Serve warm or cold.