EXERCISE YOUR RIGHT to CHOOSE FRUITS & VEGETABLES

ADD COLOR
Fill half your plate with colorful fruits & veggies at every meal

EAT FIVE
Eat five or more servings of fruits & veggies every day

FEEL GREAT
Look & feel great with more energy & motivation for learning
Exercise Your Right to Choose Fruits and Vegetables!

Our schools offer a variety of fruit and vegetable choices throughout the school day. Fruits and vegetables are a great source of many vitamins and minerals that promote optimal health and add protection from common illness. They are a good choice for feeling great and having more energy.

One cup of fruit is...

½ cup fresh or canned fruit = 7 cotton balls
¼ cup raisins = a large egg
¼ cup dried fruit = a golf ball
8 strawberries = 1 cup

One cup of vegetables is...

1 cup green salad = a baseball
1 baked potato = a fist
2 large celery stalks = 1 cup

The benefits of eating fruits and vegetables:

• Lower blood pressure and cholesterol
• Lower risk for heart disease, type II diabetes, some cancers
• Boost immune system and improve the healing process
• Manage weight and improve appearance
• Feel more alert