5 EAT AT LEAST FRUITS + VEGETABLES EVERY DAY

Try it!
• Try fruits and veggies different ways and try at least a couple of bites each time. It can take 7 to 10 tries before you like a new food, so be open to trying again and again. It may become your new favorite!
• Many fruits and veggies taste great with a dip or dressing. Try salad dressing, yogurt, nut butter, or hummus.
• Aim to have at least one veggie at every meal.

Mix it!
• Add veggies to foods you already make, like pasta, soups, casseroles, pizza, rice, omelets, tuna fish salad etc.
• Add fruit to your cereal, pancakes, and chicken salad.
• Make a fruit smoothie with yogurt.

Slice it!
• Keep washed and chopped veggies and fruits in the fridge so they are ready to grab and eat.
• Have fresh fruit with cheese wedges as a dessert.
• Make fruit or veggie kebabs for parties.
• Most people prefer crunchy foods over mushy ones. Enjoy vegetables fresh or lightly steamed, and avoid overcooking.

Did you know?
A diet rich in fruits and vegetables provides vitamins, minerals, and phytonutrients, important for supporting growth and development, and for optimal immune function.

What is a serving?
Young Children
• Size of the palm of their hand

Adolescents and Adults
• A whole fruit the size of a tennis ball
• 1/2 cup of chopped fruit or veggies
• 1 cup of raw, leafy greens
• 1/4 cup of dried fruits

Maine Health
LET'S GO!
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