Why is this important?

A diet rich in fruits and vegetables provides vitamins and minerals, important for supporting growth and development, and for optimal immune function in children. High daily intakes of fruits and vegetables among adults are associated with lower rates of chronic diseases such as heart disease, stroke, high blood pressure, diabetes, and possibly, some types of cancer. Emerging science suggests fruit and vegetable consumption may help prevent weight gain, and when total calories are controlled, may be an important aid to achieving and sustaining a healthy weight.

What is a serving?

Kids
- Size of the palm of their hand

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

EAT AT LEAST FRUITS + VEGETABLES EVERY DAY

MaineHealth
LET’S GO!
5 2 1 0
Here’s what you can do

Choose with the seasons!
• Buy fruits and veggies that are in season.
• Don’t forget that frozen and canned fruits and veggies are always available and are a healthy choice; be mindful of those with added sugar and/or salt.

Mix it!
• Add veggies to foods you already make, like pasta, soups, casseroles, pizza, rice, etc.
• Add fruit to your cereal, pancakes, or other breakfast foods.
• Be a good role model for your family and have at least one veggie at every meal.

Slice it!
• Keep washed and chopped veggies and fruits in the fridge so they are ready to grab and eat.
• Most people prefer crunchy foods over mushy ones. Enjoy vegetables fresh or lightly steamed, and avoid overcooking.

Be a role model!
• Snack on fruits and veggies.
• Plan and prepare meals with your family.

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.
• Make a fruit smoothie with yogurt.

Family Mealtime
Do not underestimate the importance of family mealtime; take 10-15 minutes to sit down together.
Get your family involved with meal planning.

Offer non-food rewards!
Have your family put together a list of fun, non-food rewards that don’t cost much. Post it where the whole family can see it. Examples: Playing outdoors, a family game night, going to a ball game, buying a new book, extra reading time before bed.

Put limits on juice!
• Always try to choose whole fruits over juice.
• Juice products labeled “-ade,” “drink,” or “punch” often contain 5% juice or less. Sometimes, the only difference between these “juices” and soda is that have added Vitamin C.
• Suggest a glass of water instead of juice.

5-2-1-0 EVERY DAY!