

five to nine to feel really fine



Eating a variety of fruits and vegetables is the best way to get the beneficial vitamins, minerals, fiber, and antioxidants in food that helps to prevent disease, gives you energy, and helps you to feel your best. How many servings of fruits and vegetables are you getting in your day? A serving is considered one medium-sized piece of fruit, one quarter cup of dried fruit, four ounces of 100% fruit or vegetable juice, one half cup canned or cooked vegetables, or one cup of raw vegetables.

activity:

- Eat at least 5 servings of fruits and vegetables per day. Strive for 9 servings.
- Make sure you drink plenty of water to help your digestive system handle the fiber from these healthy foods.
- Any and all fruits and vegetables count. Fresh, seasonal, local produce is best, but canned, frozen or dried will do just fine.
- Use the chart below to track your progress by shading or checking off the servings, and you are on your way to feeling really fine.

day	1	2	3	4	5	6	7	8	9
monday									
tuesday									
wednesday									
thursday									
friday									
saturday									
sunday									

