

Nutrition Backpack

5 - 9 a Day

Numbers and Colors - we learned them in Kindergarten, now we can use them to help us consume a nutrient rich diet full of vegetables and fruits.

Baby I got your Number:

5 fruits and vegetables for young children to grow big and strong

7 fruits and vegetables for woman to stay young and vibrant

9 fruits and vegetables for men to stay strong

If 5-9 seems like a lot, let's look at what is considered one serving.

$\frac{1}{2}$ cup	Most cooked vegetables Raw, cut up vegetables Cut fruit
$\frac{3}{4}$ cup	100% fruit or vegetable juice
1 cup	Green leafy vegetables
$\frac{1}{2}$ whole	Baked Potato, large sized fresh fruit
1 whole piece	Small to medium sized fresh fruit

Eat two servings at each main meal and one with each snack and you're there.

Variety is the spice of life, Eat your colors!

Vegetables and fruits come in a wonderful array of colors and flavors. Mix it up and eat lots of variety. Did you know that the color of the vegetable or fruit tells us what nutrients it provides? For example, blue, dark red and purple vegetables and fruits contain anthocyanins, try saying that ten times fast. Anthocyanins are powerful disease fighting antioxidants and are found in blueberries, blackberries, cherries, red cabbage, purple grapes, pomegranates and red apples.

To learn more visit:
<http://www.5aday.gov>
<http://www.dole.com>