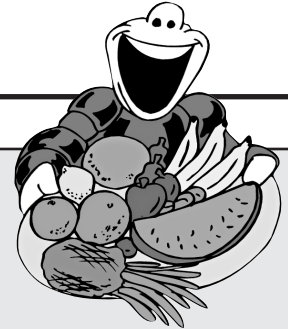


FAMILY HEALTH HANDOUT: DENTAL 5-A-DAY



HEALTH CHALLENGE

Eat at least 5 fruits and vegetables every day.

5-A-DAY FAMILY CHALLENGE

Eat fruits and vegetables to maintain health and a good weight. People who eat more fruits and vegetables may avoid such diseases as cancer, type 2 diabetes, stroke, and heart disease. Fruits and vegetables are high in vitamins and fiber and low in calories.

Take the 5-A-Day Family Challenge. Can each member of your family get 5 or more servings a day? Each family member writes down the fruits and vegetables eaten each day for 3 days. Remember to start at breakfast and include snacks.

Name	Day #1	Day #2	Day #3



**STICK IT UP!
PUT THIS
ON THE
REFRIGERATOR
AS A REMINDER
OF THE 5-A-DAY
FAMILY
CHALLENGE.**

- SEE BACK FOR SERVING SIZES -



FAMILY HEALTH HANDOUT: DENTAL 5-A-DAY

WHAT'S A FRUIT OR VEGETABLE SERVING?

- 1/2 cup cut-up raw, cooked, canned,
or frozen fruits or vegetables
- 1 cup raw, leafy vegetables
- 1/2 cup (4 ounces) of 100% fruit
or vegetable juice
- 1/4 cup dried fruit
- 1/2 cup dried, cooked, or canned peas
or beans

