

NUTRIGRAM

September 2006

National 5 a Day Month

September is National 5 a Day month, making it a great time to check up on how you're doing with getting 5 a Day. So what exactly is "5 a Day"? It is a program that encourages people of all ages to eat at least 5 servings of fruits and vegetables every day. Fruits and vegetables are important for good health and taste great, but most people aren't eating their 5 a day.

Does everyone need 5 a Day?

Yes. In fact, some people may need more—up to 9 a Day. This is why the program is sometimes called 5 to 9 a Day. Little kids (ages 2 to 6) should eat a minimum of 5 servings a day. Older kids, teen girls, and active women at least 7. Teenage boys and active men at least 9.

What counts as one serving?

One serving is about the amount that would fit in the palm of your hand. Here are some examples of one serving:

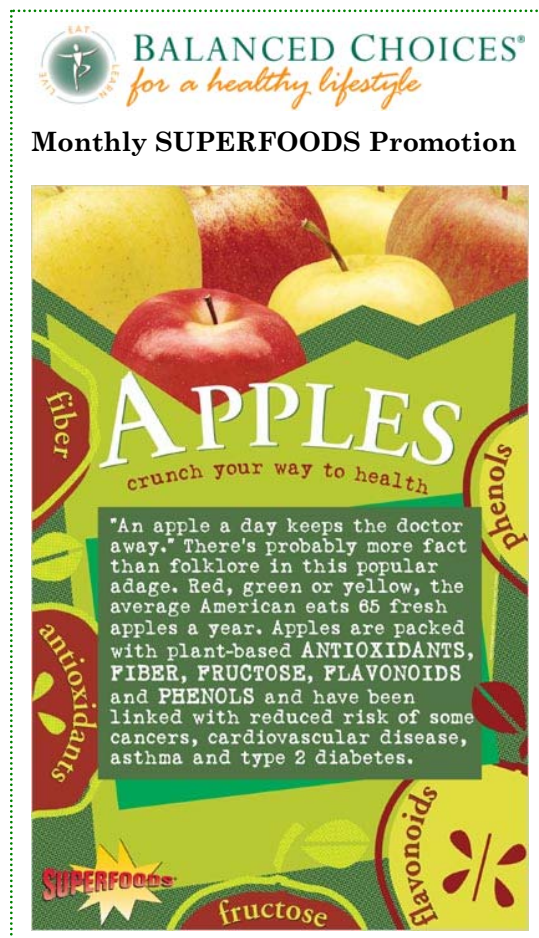
- ▶ A small glass of 100% fruit or vegetable juice (3/4 cup or 6 oz)
- ▶ A medium-size piece of fruit (an orange, small banana, medium-size apple)
- ▶ One cup of raw salad greens
- ▶ 1/2 cup of cooked vegetables
- ▶ 1/2 cup of cut-up fruit or vegetables
- ▶ 1/4 cup of dried fruit
- ▶ 1/2 cup of cooked beans or peas

Tips for getting to 5 a Day:

- ▶ Toss fruit into your green salad for extra flavor, variety, color, and crunch.
- ▶ Expand your palate and your palette with green, red, orange, yellow, and purple peppers.
- ▶ Save time with pre-cut vegetables and salad mixes.
- ▶ Add apples, raisins, or pineapple chunks to deli salads like chicken, tuna, or pasta.
- ▶ Add extra vegetables to soups.
- ▶ Make a quick smoothie using frozen fruit.
- ▶ Keep an easy-to-grab, pre-washed bowl of fruit on the counter.

Take the 5 a Day Challenge:

This month challenge yourself, your friends and your family to get 5 a Day. You can find charts, certificates and other tools on the 5 a Day website: www.5aday.com.



BALANCED CHOICES
for a healthy lifestyle

Monthly **SUPERFOODS** Promotion

APPLES
crunch your way to health

"An apple a day keeps the doctor away." There's probably more fact than folklore in this popular adage. Red, green or yellow, the average American eats 65 fresh apples a year. Apples are packed with plant-based **ANTIOXIDANTS**, **FIBER**, **FRUCTOSE**, **FLAVONOIDS** and **PHENOLS** and have been linked with reduced risk of some cancers, cardiovascular disease, asthma and type 2 diabetes.

fiber, antioxidants, phenols, flavonoids, fructose, SUPERFOODS

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