

## FACT:

Only about 12% of adults in America eat 2 servings of fruit and 10% eat 3 servings of vegetables a day. Plan to eat at least 5-7 servings of fruits and vegetables a day.



**Keep raisins and other dried fruits at work and in your backpack.**

Avoid buying candy and cookies for snacks.



At fast food restaurants, opt for salads, fruit slices, and a grilled chicken sandwich with lettuce and tomato.

Choose restaurants that offer vegetables, vegetable soup, and salads (limit the salad dressings).



**Grill fish and vegetable kebobs. Grill slices of fruit for dessert.**

Barbecue foods other than ribs and steaks.

