

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.

