

Take the 5 A Day Challenge!

It's easy to eat 5 or more servings of fruits and vegetables a day.

Just enter a check mark each time you eat one serving. Find out if you eat 5 A Day every day!

What is a **Serving**?

1 **Serving**=

- 1 medium-size fruit
- 3/4 cup (6 oz.) of 100 percent fruit or vegetable juice
- 1/2 cup fresh, frozen, or canned fruit (in 100 percent juice) or vegetables
- 1 cup raw leafy vegetables
- 1/2 cup cooked dry peas or beans
- 1/4 cup dried fruit



EAT 5 A DAY
for better health

1
2
3
4
5
SERVINGS

D A Y S						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Count up your servings every day and you'll
be on your way to 5 A Day!