

# **5 a Day The Color Way**

## **Talking Points**

## **Benefits of Eating at Least 5 Servings of Vegetables and Fruits Every Day**

- ❖ Cuts risk of cancer.
- ❖ Helps in maintaining a healthy body weight.
- ❖ Tastes and smells great.
- ❖ Helps promote healthy looking skin.
- ❖ Good for your immune system - fewer colds and flu.
- ❖ Helps lower blood pressure.
- ❖ Reduces risk of blindness.
- ❖ Reduces risk of Alzheimer's disease.
- ❖ Adds color to your plate and your life.
- ❖ Fruits and vegetables are a good source for energy.
- ❖ Fruits and vegetables make great snacks.
- ❖ Fruits and vegetables are low in calories, fat, and sodium, and are good sources of fiber, folate, potassium, vitamin A, and vitamin C.
- ❖ Fruits and vegetables are important not only in reducing the risk of developing certain types of cancer, but also in reducing the risk of heart disease, diabetes, stroke, obesity, birth defects, high blood pressure, cataracts, and osteoporosis.
- ❖ Most fruits and vegetables are available year-round, and they're all easy to enjoy.
- ❖ Fruits and vegetables give you fuel for physical activity. They provide carbohydrates, the body's number one source for energy, with very little fat.
- ❖ Folic acid contained in some fruits and vegetables (green leafy vegetables, oranges, orange juice, and dried beans) can play a vital role in meeting folic acid recommendations to prevent birth defects.
- ❖ 5 A Day looks good on you! Fruits and vegetables contain vitamins good for clear skin, shiny hair, and bright eyes. They are low in calories, so they help in obtaining a trim body.

## **5 a Day Serving Sizes**

- ❖ 1 medium-sized fruit or vegetable
- ❖ 3/4 cup (6 ounces) of 100% fruit or vegetable juice
- ❖ 1/2 cup cooked, frozen or canned vegetables or fruit in 100% juice
- ❖ 1 cup of raw leafy vegetables
- ❖ 1/2 cup cooked dry peas or beans
- ❖ 1/4 cup dried fruit

### **Wondering how many servings you really need each day?**

Children (2-6 yrs.), women, and others who typically need about 1,600 calories to reach or maintain a healthy weight:

**5 servings – 2 fruits, 3 vegetables**

Older children, teen girls, active women, and most men who typically need 2,200 calories to reach or maintain a healthy weight:

**7 servings – 3 fruits, 4 vegetables**

Teen boys and active men, who typically need about 2,800 calories to reach or maintain a healthy weight:

**9 servings – 4 fruits, 5 vegetables**

### **Shopping: Fresh, Canned, or Frozen—They All Count Towards 5 a Day**

- ❖ As you are shopping for fresh produce, think about color. Select fruits and vegetables in a wide variety of colors and try to get at least seven different colors for the week.
- ❖ Pick brightly colored fruits and vegetables in dark greens, oranges, yellows, reds, blues and purples, and whites and tans. These tend to have more antioxidants and other good-for-you nutrients than their less colorful counterparts.
- ❖ Select fruits at different ripeness levels ... some ready to eat immediately and some ready in 3-4 days.
- ❖ Stock up on dried fruits, such as raisins, dried cherries, apricots, and prunes. They keep a long time and are a quick pick-me-up.
- ❖ Don't forget about canned fruits and vegetables. Choose those canned in 100 percent juice.
- ❖ Stock your freezer with assorted frozen vegetables, in plain and mixed packages, for those hectic days when you have to pull dinner together in a hurry.

- ❖ Make it a point to try one new fruit or vegetable each time you visit the supermarket. With hundreds of different fruits and vegetables available, you're bound to discover a new favorite.

### **Easy Ways to Add Vegetables and Fruit to Your Diet**

- ❖ Start the day off with a 12-ounce glass of 100% fruit or vegetable juice. This counts as two servings and is an easy way to get you to five.\*
- ❖ Fill half of your plate with vegetables first, then add the other foods.
- ❖ Do you have family members who aren't big fans of fruits or vegetables? Make it a family game to see who can be the first to eat 5 servings of fruits or vegetables within a day. Friendly competition may spur them on and everybody wins.
- ❖ Offer cut-up raw vegetables and low fat dip for an afternoon snack. You can cut them yourself or buy the pre-packaged ones. Broccoli, carrots, and cauliflower are nutritious choices.
- ❖ One day a month, have a family tasting party to try new fruits and vegetables, or seasonal varieties that are available during different seasons of the year.
- ❖ Have a "build your own pizza" party with a variety of toppings, including red, green, and yellow bell peppers, pineapple cubes, spinach, zucchini, and broccoli.
- ❖ Keep a basket with ripening fruit on the kitchen table or counter for easy picking and as a reminder to eat more fruits and vegetables.
- ❖ Make eating fruits and vegetables fun for kids! Decorate dishes with fruit and vegetable pieces that look like animals, bugs, flowers, etc.
- ❖ Make your own smoothies by blending together frozen fruit, such as sliced bananas or strawberries, and milk and/or 100 percent fruit juice.
- ❖ Top off a bowl of frozen yogurt or low-fat ice cream with berries or sliced fresh fruit. They add flavor and texture and are an easy way to meet your 5 A Day goal.
- ❖ Drink 100 percent fruit and vegetable juices in place of high-calorie drinks, such as soft drinks. Remember, one serving is 6 ounces or 3/4 of a cup.\*
- ❖ Add raisins, berries, and other fresh or dried fruits to your cereal.
- ❖ Include a mixed green salad or a vegetable soup with your lunch or dinner.
- ❖ Snack on the perfect grab-n-go foods: fresh apples, ripe plums, pears, carrots, and celery. Have these foods washed and ready for eating on your refrigerator shelf.

*\*Limit toddlers' juice intake to 4 to 6 ounces per day.*

Colorful fruits and vegetables provide the wide range of vitamins, minerals, fiber and phytochemicals your body uses to maintain good health and energy levels to protect against the effects of aging and reduce the risk of cancer and heart disease.

Many of the phytochemicals and other compounds that make fruits and vegetables good for us also give them their color. That's why it's essential to sample the complete color spectrum every day to get the full preventive benefits of fruits and vegetables.

### **BLUE/PURPLE**

Blue/purple fruits and vegetables contain varying amounts of health-promoting phytochemicals such as anthocyanins and phenolics, currently being studied for their antioxidant and anti-aging benefits. Include BLUE/PURPLE in your low-fat diet to help maintain:

- A lower risk of some cancers
- Urinary tract health
- Memory function
- Healthy aging

Get blue/purple every day with foods such as:

#### **Fruits**

Blackberries  
Blueberries  
Black currants  
Dried plums  
Elderberries  
Purple figs  
Purple grapes  
Plums  
Raisins

#### **Vegetables**

Purple asparagus  
Purple cabbage  
Purple carrots  
Eggplant  
Purple Belgian endive  
Purple peppers  
Potatoes (purple fleshed)

### **GREEN**

Green vegetables contain varying amounts of phytochemicals such as lutein and indoles, which interest researchers because of their potential antioxidant, health-promoting benefits. Include GREEN in your diet to maintain:

- a lower risk of some cancers
- vision health
- strong bones and teeth

Go green every day with fruits and vegetables like these:

#### **Fruits**

Avocados  
Green apples  
Green grapes  
Honeydew melon  
Kiwifruit  
Limes  
Green Pears

#### **Vegetables**

Artichokes  
Asparagus  
Green pepper  
Leafy Greens

Arugula	Leeks
Broccoflower	Lettuce
Broccoli	Okra
Brussels sprouts	Peas
Chinese cabbage	Sugar snap peas
Celery	Spinach
Cucumbers	Watercress
Chayote squash	Zucchini
Endive	
Green onions	

## **WHITE**

White, tan and brown fruits and vegetables contain varying amounts of phytochemicals of interest to scientists. These include allicin, found in the garlic and onion family. The mineral selenium, found in mushrooms, is also the subject of research. Including WHITE in your low-fat diet helps

- heart health
- cholesterol levels that are already healthy
- a lower risk of some cancers

Get all the health benefits of white by including foods such as:

### **Fruits**

Bananas  
Brown pears  
Dates  
White nectarines  
White peaches

### **Vegetables**

Cauliflower	Kohlrabi	Potatoes (white flesh)
Garlic	Mushrooms	Shallots
Ginger	Onions	Turnips
Jerusalem artichoke	Parsnips	White corn
Jicama		

## **YELLOW/ORANGE**

Yellow and orange fruits and vegetables contain varying amounts of antioxidants such as vitamin C as well as carotenoids and bioflavonoids, two classes of phytochemicals that scientists are studying for their health promoting potential. Including YELLOW/ORANGE in your low-fat diet helps maintain:

- a healthy heart
- vision health
- a healthy immune system
- a lower risk of some cancers

Choose yellow/orange fruits and vegetables like:

### **Fruits**

Yellow apples	Oranges
Apricots	Papayas
Cantaloupe	Peaches

Yellow figs  
Grapefruit  
Golden kiwifruit  
Lemon  
Mangoes  
Nectarines

Yellow pears  
Persimmons  
Pineapples  
Tangerines  
Yellow watermelon

**Vegetables**

Yellow beets  
Butternut squash  
Carrots  
Yellow peppers  
Yellow potatoes  
Pumpkin

Rutabagas  
Yellow summer squash  
Sweet corn  
Sweet potatoes  
Sweet tomatoes  
Yellow winter squash

**RED**

Specific phytochemicals in the red group that are being studied for their health-promoting properties include lycopene and anthocyanins. Include a variety of RED fruits and vegetables in your low-fat diet to help maintain:

- a healthy heart
- memory function
- a lower risk of some cancers
- urinary tract health

Include red fruits and vegetables in your diet, such as:

**Fruits**

Red apples  
Cherries  
Cranberries  
Red grapes  
Pink/Red grapefruit

Red pears  
Pomegranates  
Raspberries  
Strawberries  
Watermelon

**Vegetables**

Beets  
Red peppers  
Radishes  
Radicchio

Red onions  
Red potatoes  
Rhubarb  
Tomatoes