

# 5

## Eat at least servings of fruit or vegetables a day it's easy!



### 1 portion is:

- 1/2 grapefruit, 1 apple, 1 orange, 1 kiwi, 1/4 cantaloupe, 10 grapes, 2 clementines, 2 slices of pineapple, 1/2 avocado, 1 carrot, 1 tomato, 1 branch of celery, 5 asparagus spears, 1 potato;
- 125 ml (1/2 cup) of raw, cooked, frozen, canned or juiced fruit or vegetables: apple sauce, blueberries, turnip, snow peas, cauliflower, broccoli, etc.;
- 125 ml (1/2 cup) of fruit or vegetable juice;
- 250 ml (1 cup) of lettuce, cucumber or spinach;
- 50 ml (1/4 cup) of dried fruit: bananas, peaches, raisins, cranberries, apricots etc.



## 5 servings a day? No problem!

You can have a serving or more with every meal and snack.

**Breakfast:** Toast + cheese + orange juice



**Snack:** Apple

**Lunch:** Chicken sandwich + carrot sticks + canned vegetable juice + yogurt

**Dinner:** Fish + rice + green beans + homemade or canned fruit salad



**= 6 SERVINGS**

- Prepare raw vegetables for snacking 3 to 4 days in advance, and keep them in the fridge.

- Cook with fruit: ham with pineapple, chicken with cranberries, pork with apples, meatballs with peaches, salad with orange or grapefruit wedges.



- Have vegetables make up half of your main course.

- Serve vegetable soup, salad, or raw vegetables as a starter.



- If you're in a hurry, use frozen vegetable mixes: Italian, Asian, Mexican, California-style...

- Keep a supply of fruits and vegetables at work and at home: fresh fruits and vegetables, canned vegetable juice, dried fruit, canned fruit salad...

**Tips:** If you like crunchy, flavourful vegetables, avoid overcooking them, especially green vegetables such as broccoli, Brussels sprouts, or green beans.

Choose dark-coloured vegetables (red, orange, or green) more often. They're even richer in vitamins, minerals, and antioxidants.