**Please remember to cut all fruits and vegetables into SMALL pieces to prevent choking.**

Five Reasons to eat your 5 servings of fruits and vegetables each day

1. A diet high in fruits and vegetables has been shown to be connected with lower risk for health problems, such as high blood pressure, cancer and diabetes.
2. Fruits and Vegetables have the nutrients that adults and children need to keep their bodies going working right.
3. Eating fruits and vegetables can help with weight control, because they are high in fiber, which leaves you feeling full, but have fewer calories.
4. Since fruits and vegetables are high in fiber, you will feel full longer and eat less food, saving you money on groceries!
5. They taste good!

**Easy Ways to Get Your 5 a Day!**

**At breakfast...**
- Warm up frozen berries and serve them on pancakes or waffles
- Scramble eggs with your favorite vegetable, such as peppers and tomato
- Add fresh or dried fruit to your cereal or yogurt

**At lunch...**
- Add a slice of lettuce and tomato to your sandwich
- Add a few grapes, melon slices, or cherry tomatoes to your plate
- In cold weather, try ordering a vegetable-based soup like minestrone

**At dinner...**
- Make spaghetti and add a couple cups of vegetables like green peppers, onion, and/or mushrooms to your tomato sauce. Try topping with broccoli and tomatoes as well
- Try a new spin on macaroni and cheese by adding a cup of salsa, some onion, or some broccoli
- Try to always start dinner with a salad or vegetable soup