



## 5 a Day

Amy Kulwicki, RD, CD

Froedtert Outpatient Dietitian

414-805-6885 or email [akulwick@fmlh.edu](mailto:akulwick@fmlh.edu)

The Fresh Fruit & Vegetable Information Bureau encourages people to eat the recommended minimum of five portions of fruit and vegetables every day. According to the 5 a Day website, only 27% of women and 19% of men report eating the recommended five servings of fruit and vegetables every day.

**What is a serving? A 5 a Day serving is smaller than you think.**

- 1 medium- size fruit (about the size of a tennis ball)
- $\frac{3}{4}$  cup or 6 oz of 100 % fruit or vegetable juice
- $\frac{1}{2}$  cup cooked or canned fruit or vegetables
- 1 cup of raw leafy vegetables
- $\frac{1}{2}$  cup cooked dry peas or beans
- $\frac{1}{4}$  cup dried fruit

**Here are a few tips to increase the fruits and vegetables in your diet.**

- Have cut-up raw vegetables and low fat dip for an afternoon snack.
- Don't have time to cut up fresh veggies? Try precut veggies. Look for everything from broccoli to zucchini.
- One day a month, try a new fruit or vegetable. Give star fruit a try.
- Build your own pizza with a variety of toppings, including, green, red, and yellow bell peppers, pineapple cubes, spinach, olives, zucchini, and broccoli.
- Keep a basket of fruit on the kitchen table to grab for a quick snack.
- Make your own smoothie by blending together fruit, such as sliced bananas or strawberries and milk and/or 100% fruit juice.
- Top off a bowl of frozen yogurt or ice cream with berries or sliced fresh fruit.
- Add raisins, berries, and other fresh or dried fruits to your cereal.
- Include a mixed green salad or vegetable soup with your lunch or dinner.
- Fill half of your plate with vegetables first, then add the other foods.

**Here's a great recipe for caramel apple dip.**

### Caramel Apple Dip

Ingredients: 1- 8-oz pkg. light cream cheese  
 $\frac{3}{4}$  c. brown sugar  
 $\frac{1}{4}$  c. sugar  
1 tsp. vanilla

Mix all the ingredients with an electric mixer until smooth. Serve immediately or store covered in refrigerator. Serve with sliced apples or fruit of choice.