



National Five a Day Month
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How many servings of fruits and vegetables do you eat each day? September is National “5 a Day” month. It is recommended that individuals strive for five to nine servings of fruits and vegetables a day to maintain optimal health. Increasing your intake of fruits and vegetables provides the necessary fiber, vitamins, minerals and phytochemicals. These are essential to decrease the risk of cancer, heart disease, stroke and diabetes. Aim for variety. Selecting a “rainbow” colored diet will ensure the greatest amount of vitamins, minerals and phytochemicals. It may sound like a daunting task to eat this much produce, but if you follow the Food Guide Pyramid for portion sizes you may find that it’s not as hard as you think. Here are serving sizes:

Fruits	Vegetables
1 c. cut up fruit	1 c. cooked
1 c. canned in natural juice	1 c. raw veggies
1 medium size fresh	1 c. vegetable juice
100% fruit juice	2 c. leafy greens
½ c. dried	

Here some tips to add fruits and vegetables into your diet:

- Keep a bowl of whole fruit on the table, counter, or in the refrigerator.
- Refrigerate cut-up fruit and veggies to store for later.
- Buy fresh fruits and veggies in season when they may be less expensive and at their peak flavor.
- At breakfast, top your cereal with bananas or peaches; add blueberries to pancakes; drink 100% orange or grapefruit juice. Or, try a fruit mixed with low-fat or fat-free yogurt.
- At lunch, pack a tangerine, banana, or grapes to eat, or chose a salad from the salad bar.
- Plan some meals around a vegetable main dish, such as a vegetable stir-fry or soup. Then add other foods to complement it.
- Include a green salad with your dinner every night.
- Shred carrots or zucchini into meatloaf, casseroles, quick breads, and muffins.
- Include chopped vegetables in pasta sauce or lasagna.
- Order a veggie pizza with toppings like mushrooms, green peppers, and onions, and ask for extra veggies.
- Grill vegetable kabobs as part of a barbecue meal. Try tomatoes, mushrooms, green peppers, and onions
- Make a Waldorf salad, with apples, celery, walnuts, and dressing.

- Try meat dishes that incorporate fruit, such as chicken with apricots or mango chutney.
- For dessert, have baked apples, pears, or a fruit salad.
- Frozen juice bars (100% juice) make healthy alternatives to high-fat snacks.
- Many fruits taste great with a dip or dressing. Try low-fat yogurt or pudding as a dip for fruits like strawberries or melons.

Here's a recipe to try:

Citrus Salad

Ingredients:

- 1 can (20 oz.) Pineapple Chunks
- 1 pkg. (10 oz.) Packaged European Salad Blend (or lg. head Romaine)
- 1 tablespoon grated orange peel
- 1 orange, peeled, halved and sliced
- 1/2 cup halved and sliced Red Onion
- 1 cup chopped nuts, toasted
- 1/2 cup crumbled feta cheese
- 2 tablespoons vegetable oil
- 2 tablespoons balsamic or red wine vinegar

Directions:

1. Drain pineapple chunks; reserve 1/4 cup juice.
2. Combine pineapple chunks, salad blend, sliced orange, onion, nuts and cheese in large serving bowl; set aside
3. Stir together reserved juice, orange peel, oil and vinegar in small bowl. Pour over salad just before serving; toss to evenly coat.

Nutritional Analysis: 283 calories, 20 gm fat, 23 gm carbs, 6 gm protein

Sources:

www.5aday.com, www.mypyramid.gov, www.dole.com