



## **Captain's Call Kit**

### Healthwatch: Eat your Fruits and Vegetables – Five-A-Day for Better Health

NNS030917-08

Five-A-Day for Better Health is a national nutrition program encouraging Americans to eat five or more servings of fruits and vegetables each day. Colorful fruits and vegetables provide a wide range of vitamins, minerals and fiber to maintain good health.

Research by Centers for Diseases Control and Prevention shows that 76 percent of Americans are still not eating the recommended daily amount of fruits and vegetables.

Here are some helpful hints from the National Cancer Institute:

- Have a fruit or juice with breakfast
- Stock up on dried, frozen, and canned fruits and vegetables
- Grab a portable fruit, apple, orange, banana, or pear, to eat on the go
- Snack on raw veggies such as carrots, broccoli and celery
- Add strawberries, blueberries or bananas to waffles, pancakes or toast
- Mix fresh or frozen vegetables with pasta
- Jazz up soups or sauces with a can of kidney beans, peas or corn.

