



Better Living for Texans

Food Stamp Nutrition Education Program

A joint project of Texas Cooperative Extension, Texas Department of Human Services, and USDA Food and Nutrition Services

Williamson County Extension Office

3151 S.E. Inner Loop, Suite A, Georgetown, TX 78626 (512) 943-3300

Getting Started

Not sure how to eat 5 to 9 A Day? Start the day with 100 percent fruit or vegetable juice. Slice bananas or strawberries on top of your cereal. Have a salad with lunch, and an apple for an afternoon snack. Include a vegetable with dinner and you already have 5 A Day. If you need more than 5 servings per day try adding a piece of fruit for a snack or an extra vegetable (like carrots or green beans) at dinner.

- There are so many choices when selecting fruits and vegetables. Have you ever tried kiwifruit? How about asparagus? Try something new that helps you reach your 5 to 9 A Day.
- Keep things fresh and interesting by combining fruits and vegetables of different flavors and colors, like red grapes with pineapple chunks, or cucumbers and red peppers.
- When you keep fruits and vegetables visible and easily accessible you tend to eat them more; for instance, store cut and cleaned produce at eye-level in the refrigerator, or keep a big bowl of fruit on the table.
- You can get some of your 5 to 9 A Day at restaurants too. Try some of these healthy choices.
 - veggie pizza
 - pasta with vegetables (but watch out for those high fat cream sauces)
 - fresh vegetable "wrap"
 - vegetable soup
 - small salad (instead of fries)
 - plenty of fresh vegetables from the salad bar.

In A Hurry During The 9 To 5? Pack And Go For 5 To 9 A Day!

Buy ready-to-eat packaged fresh vegetables that are already cleaned. Pre-cut vegetables and salad mixes are a terrific 5 A Day time-saver. You'll find them at your local supermarket.

- A fast food alternative? Your local supermarket may offer prepared items, including sliced melons, fresh pineapple, salad mixes, and a salad bar to satisfy your hunger.
- Fruits and vegetables are nature's original fast food. When it's snack time, grab
 - Fruit— an apple or orange, or a zip lock bag and fill with sweet cherries, grapes, dried dates, figs, prunes, raisins, or apricots
 - Vegetables— carrot sticks, broccoli, or some red, yellow, and green pepper. Try dipping your vegetables in low-fat or non-fat salad dressing.
- In a hurry for a 5 A Day treat? Pick fruits and vegetables that require little peeling or chopping, like baby carrots, cherry tomatoes, cauliflower, grapes, apples, broccoli spears, an apple, a banana, or a box of 100 percent fruit or vegetable juice.
- Here's a great way to get some of your 5 to 9 A Day. Buy low-fat yogurt, fruit juice, and fresh, canned, or frozen fruit to blend a quick fruit smoothie. Get juicy! Buy 100 percent fruit or vegetable juice to quench your thirst and satisfy one serving of your 5 to 9 A Day.

National Center for Chronic Disease Prevention and Health Promotion

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