

Did you eat your "5 A Day" yesterday?



Eating "5 A Day" means eating at least five servings of fruits and vegetables each day.

What's A Serving?

- a piece of fruit, like a banana
- 1/2 cup canned fruit, fruit sauce or cut-up fresh fruit
- 3/4 cup 100% fruit or vegetable juice
- 1 cup leafy greens or salad
- 1/2 cup raw, cooked or canned vegetables
- 1/4 cup dried

You can figure out if you got your "5 A Day" yesterday by using this work sheet. Start by thinking about all the foods and beverages you ate or drank during the day, then answer the questions below. Use the What's A Serving information as a guide to determine how many servings you ate.

List all the fruits, vegetables or juices you had:

How much did you eat?

How many servings did you have?

with BREAKFAST		
with LUNCH		
with DINNER/SUPPER		
as SNACKS		



The 5 A Day Pledge

Now that I've learned about 5 A Day, I will try to eat at least 5 servings of fruits and vegetables every day because I care about my health.

Signed _____

Total Servings