

Vegetables and Fruit

Nature's Fast Food



Help keep your hair shiny.

Help you maintain a healthy weight.

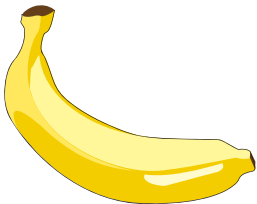
Are a great source of vitamins, minerals, and fibre.

Reduce your risk of cancer, heart disease, and stroke.

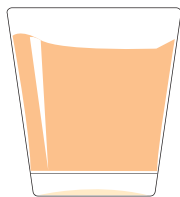
Vegetables & Fruit...

What does a serving look like?

Morning

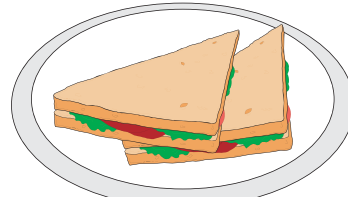


Banana (medium)
1 serving

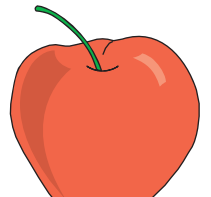


100% Real Juice
(1/2 cup or 125 ml)
1 serving

Mid-day

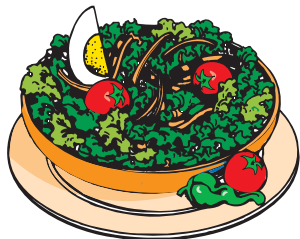


Sandwich with
Lettuce / Tomato
1 serving

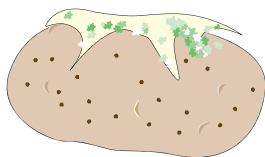


Apple (medium)
1 serving

Evening



Tossed Salad
(1 cup or 250 ml)
1 serving

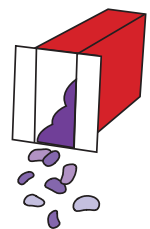


Baked Potato
or 1/2 cup mashed
1 serving

Snacks



Vegetables with
Low-fat Dip
(1/2 cup or 125 ml)
1 serving



Box of Raisins
(1/4 cup or 50 ml)
1 serving

Tip of the Day

- ★ Eat at least one dark green and one orange vegetable each day.
 - Go for dark green vegetables such as broccoli, romaine lettuce, and spinach.
 - Go for orange vegetables such as carrots, sweet potatoes, and winter squash.

