



5 to TEN

yes, you can!

*5 to 10 easy ways
to eat more
vegetables and fruit
every day:*

BREAKFAST

SNACK

AT-WORK MEAL

EATING OUT

HOME

BREAKFAST

Drink a glass of 100% real fruit juice.
Add fruit slices or berries to cereal.

SNACK

Enjoy a piece
of fresh fruit.

AT-WORK MEAL

Bring leftover veggies from the day before.
Choose fresh, canned, or dried fruit from
a vending machine or cafeteria.

Try some
cut-up veggie
sticks with
low-fat dip.

EATING OUT

Order a side salad,
vegetable, or fruit dish
with fast food meals.
Choose 100% fruit or
vegetable juice instead
of pop.

HOME

Keep fresh, frozen, canned, and
dried fruit and vegetables on hand.
Have pre-washed fruit available for
easy snacking.

**Choose a variety of dark-coloured
vegetables and fruit to get more
vitamins, minerals, and phytochemicals.**



**Working
Wellness**
TOWARD
LIVE BETTER. LIVE LONGER.

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WINDSOR-ESSEX COUNTY
HEALTH UNIT
Unité sanitaire
de Windsor comté d'Essex

Windsor-Essex County Health Unit - Windsor . Essex . Leamington www.wehealthunit.org

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