

5 A Day Bracelets

The Easy Way to Get 5 A Day

5 A Day bracelets are a visual tool to remind you to eat your 5-9 servings of fruits and vegetables every day. Order jelly bracelets online at www.rebeccas.com. Type jelly bracelet into search box.

How to Use 5 A Day Bracelets:

1. Each morning, put all 5 bracelets on your **RIGHT** wrist.
2. Each time you have a serving of fruit or vegetables, move **ONE** bracelet to your **LEFT** wrist.
3. The goal is to get all 5 bracelets on your **LEFT** wrist by bedtime!

What is a 5 A Day Serving?

- 1 medium-sized piece of fruit
- 1 cup raw, leafy salad
- 1/2 cup chopped fresh or canned fruit
- 1/2 cup cooked or canned vegetables
- 3/4 cup (6 fluid ounces) 100% juice
- 1/4 cup dried fruit (raisins, dried apricots)
- 1/2 cup cooked beans, peas, or lentils

15 Tips for Eating More Fruits and Veggies

1. Keep chopped veggies in fridge for snacks.
2. Buy individually sized fruit (fruit cups, applesauce).
3. Top any cereal with fruit.
4. Add handfuls of frozen veggies to soups or noodles.
5. Use yogurt as a dip with fresh fruit.
6. Use low fat ranch dressing as a dip for veggies.
7. Stuff celery with cream cheese or peanut butter.
8. Make a fruit or veggie shish kebab for parties.
9. Add grapes or sliced apples to chicken salad.
10. Stuff an omelet with diced tomatoes, spinach or onions.
11. Add berries or bananas to pancake batter.
12. Fill half a cantaloupe with low fat cottage cheese.
13. Choose dried fruit as a treat, rather than candy or cookies.
14. Serve fresh fruit with cheese wedges as dessert.
15. Grill skewers of pineapple, zucchini, tomatoes, and peppers.

