



Eat 5 to 9 A Day

Do you know how many servings of fruits and vegetables you should eat each day? The National Cancer Institute's "Eat 5 A Day for Good Health" program recommends 5 to 9 servings of fruits and vegetables for each of us, each day.

Children ages 2 to 6 need 2 fruits and 3 veggies each day for 5 servings.

Children over age 6, teenage girls and most women need 3 fruits plus 4 vegetables to equal 7 servings.

Teenage boys and most men need 9 servings, so eat 4 fruits plus 5 vegetables each day.

Maybe you're getting more servings than you think. Three-fourths cup 100% fruit or vegetable juice counts as a serving. One medium-sized fruit, 1/2 cup cut fruits or vegetables and 1/4 cup dried fruit all count as a serving. One cup leafy greens counts as a serving too.

For recipes: Contact your county extension office in Kansas or visit the website at www.kidsacookin.ksu.edu

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.



Eat 5 to 9 A Day

Do you know how many servings of fruits and vegetables you should eat each day? The National Cancer Institute's "Eat 5 A Day for Good Health" program recommends 5 to 9 servings of fruits and vegetables for each of us, each day.

Children ages 2 to 6 need 2 fruits and 3 veggies each day for 5 servings.

Children over age 6, teenage girls and most women need 3 fruits plus 4 vegetables to equal 7 servings.

Teenage boys and most men need 9 servings, so eat 4 fruits plus 5 vegetables each day.

Maybe you're getting more servings than you think. Three-fourths cup 100% fruit or vegetable juice counts as a serving. One medium-sized fruit, 1/2 cup cut fruits or vegetables and 1/4 cup dried fruit all count as a serving. One cup leafy greens counts as a serving too.

For recipes: Contact your county extension office in Kansas or visit the website at www.kidsacookin.ksu.edu

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.

Are you getting this many servings of fruits and veggies? If not, you might try adding fruit to your cereal plus drinking juice for breakfast. Eat 2 vegetables for lunch and supper, or eat a large salad every day for 2 to 3 servings of vegetables. Taking fruit with you to eat during the day is another great way to add one more serving.

Make each meal and snack count, and you'll be on your way to 5 to 9 each and every day!

Are you getting this many servings of fruits and veggies? If not, you might try adding fruit to your cereal plus drinking juice for breakfast. Eat 2 vegetables for lunch and supper, or eat a large salad every day for 2 to 3 servings of vegetables. Taking fruit with you to eat during the day is another great way to add one more serving.

Make each meal and snack count, and you'll be on your way to 5 to 9 each and every day!

For recipes: Contact your county extension office in Kansas or visit the website at www.kidsacookin.ksu.edu

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.

For recipes: Contact your county extension office in Kansas or visit the website at www.kidsacookin.ksu.edu

This institution is an equal opportunity employer. This material was funded by USDA's Food Stamp Program through a contract awarded by the Kansas Department of Social and Rehabilitation Services. The Food Stamp Program provides nutrition assistance to people with low income. To find out more, contact your local SRS office or call 1-800-221-5689.