

# Fit Nu You - Eat 5 a Day

**Why Eat Five?** Eat 5 for 8 Weeks encourages participants to eat/drink an average of 5 servings of fruits and vegetables daily for 8 weeks this summer. Studies show that by switching a diet high in calories and fats to one that includes more fruits and vegetables, people naturally consume less calories.

One serving = 1 small fruit (size of tennis ball)  
¾ - 1 cup berries or grapes  
6 oz (¾ cup) fruit/vegetable juice (size of ½ can of pop)  
½ cup cooked, frozen, canned fruits/vegetables (smaller than a can of tuna)  
1 cup raw leafy vegetables (a handful)  
¼ cup dried fruit

<b>Tips for eating more fruits and vegetables:</b>
Wake up with juice at breakfast. Add a banana, berries or dried fruit to your cereal. Pack fresh fruit and vegetables for quick snacks during the day. Keep dried fruit in your desk for snacks. Add frozen vegetables to rice, soups and casserole dishes. Eat a vegetable or two with dinner. Eat a salad with a low-fat dressing. Top your pizza with vegetables and pineapple.

**When:** The program begins on Wednesday, June 24th and runs for 8 consecutive weeks.

**Why:** Fruits and vegetables are low in calories, fat and sodium and high in fiber, folate, potassium, vitamin A and vitamin C. People who eat 5 or more servings a day have half the risk of developing cancer than those who eat only 1-2 day and a lower risk of developing diabetes, heart disease, stroke, obesity, high blood pressure, cataracts, osteoporosis, diverticulosis, birth defects and chronic pulmonary disease. All participants who eat at least 280 servings for the 8 week period and reach their step/pedometer goal of 400,000 steps will be eligible for the YMCA of Marquette County ½ year membership!

**How?** All you need to do is use the tracking form at [www.FitUP.org](http://www.FitUP.org). It combines the Eat Five a Day with the Daily Step Log!

**SPONSORED BY:** Marquette County Health Department, Michigan Department of Community Health, Marquette County Active Living Task Force, MSU Extension, YMCA of Marquette County, Jackson Mine Farmer's Market in Negaunee.