



## Eat The Fab Five

**Eating 5 servings of fruits and vegetables per day can reduce your risk of cancer and cardiovascular disease.**

Specifically, eating 2 servings of fruits and 3 servings of vegetables has the greatest impact in reducing risk.

### Vegetables:

- Broccoli (1/2 cup)
- Brussel Sprouts (1/2 cups)
- Carrots (1/2 cup baby carrots, 1/2 cup cooked)
- Cauliflower (1/2 cup)
- Celery (2-3 sticks)
- Corn (1 ear or 1/2 cup frozen or canned)
- Onion (1 slice)
- Bell Pepper (1 whole)
- Salsa (1/4 cup)
- Spinach (1/2 cup cooked or 1 cup raw)
- Zucchini (1/2 cup)
- String Beans (1/2 cup)
- Tomato (2 slices)

### Fruits:

- Apple (1 whole)
- Avocado (1/2 fruit)
- Banana (1 fruit)
- Cantaloupe (1/4 melon)
- Grapes (1/2 cup)
- Orange (1 whole)
- Peaches (1 whole)
- Pear (1 whole)
- Raisins (1 ounce)
- Strawberries (1/2 cup fresh or frozen)

Your fist can be used to determine a serving of fruit or vegetables!

