**The Veggie & Fruit Diaries**

**Consume fruit & vegetables can:**
- Reduce risk of cardiovascular disease & some cancers
- Keep your digestive system healthy
- Provide a good source of vitamins like fibre, vitamin A, C & folate & minerals like magnesium

**Have fruit & vegetables with every meal!**

**Eat 1 dark green & 1 orange vegetable per day**
- Choose whole vegetables & fruit instead of juice
- Add spices & lemon juice to your vegetables instead of fats, sugar & salt

**Bite into 7-10 servings/day!**

One serving is...
- 1 medium fruit
- ½ cup vegetables or fruit
- 1 cup leafy vegetables

**Tip:** 1 cup is about the size of your fist

**Fall in love with fruit & vegetables**

**Improve your vegetable intake by...**
- Having salad or carrot sticks instead of fries with your burger
- Getting steamed veggies or soup with your meal
- Filling half your plate with veggies

**Add fruit to your diet by...**
- Bringing a piece of fruit to class
- Mixing berries into your cereal or yogurt
- Enjoying whole fruit for dessert

**Choose a variety of colourful vegetables & fruit to get a wide range of nutrients!**