

5-3-1 FOR HEALTHY ADULTS

5-9 SERVINGS FRUITS & VEGETABLES ♦ 3 SERVINGS LOWFAT DAIRY
1 HOUR OF EXERCISE



REDUCE YOUR RISK FOR DISEASE

5 to 9 servings of fruits and vegetables daily promotes good health and reduces the risk of cancer, heart disease and other chronic diseases. Research shows that people who eat 5 or more servings of fruits and vegetables every day, have 1/2 the risk of cancer and 1/3 the risk of heart disease compared to people who eat fewer servings.

Fruit and vegetables promote better health because they contain vitamins, fiber, and other essential nutrients. Additionally, they are low in fat, calories, and contain no cholesterol. The phytochemicals found only in fruits and vegetables may provide additional protection to help reduce the risk of cancer and heart disease.

Think eating 5 to 9 servings daily is hard to accomplish? You may be surprised at what a serving of fruit or vegetable really is:

- 1 medium size piece of fruit
- 1/2 cup, cut-up fresh fruit, or vegetables
- 1 cup leafy green vegetable (lettuce, spinach)
- 3/4 cup (6 oz), 100% fruit or vegetable juice
- 1/4 cup dried fruit



5-9 servings
each day



3 servings
each day

Got 3?

Here are some facts and helpful tips to getting in your 3-a-day for healthier bones and bodies:

- A serving of dairy is 1 cup (8 oz) of milk, 1.5 oz natural cheese (3-4 cheese cubes), 6 to 8 oz yogurt.
- All dairy, including cheese, comes in low-fat or non-fat varieties
- Research shows that consuming 3 servings of dairy per day, while on a reduced-calorie diet, actually helps you to lose more fat and more weight, than being on a reduced-calorie diet alone.
- Enjoy a delicious fruit smoothie by blending fresh fruit, 1 cup low-fat yogurt, ice, and 100% fruit juice.
- Have a morning mocha: mix 1 cup reduced-fat milk with a teaspoon of instant coffee and sweetened cocoa.

Melt shredded cheese on your favorite meals, or add a slice of cheese to your sandwich.

GET MOVING!

Along with eating fruits and vegetables, exercise also reduces your risk of heart disease and certain cancers; exercise improves blood circulation throughout your body.

Regular exercise can:

- Help to manage stress
- Improves blood cholesterol levels
- Prevent bone loss and arthritis,
- Prevent and help manage high blood pressure
- Prevents the onset of Type 2 Diabetes
- Boosts your energy during the day
- Help you to sleep better at night

Enjoy yourself while getting in your hour of physical activity! Break it up into two 30 minute activities if that works best for you. Work out with a partner to stay motivated, and always choose activities that are fun, not exhausting!



1 hour of
physical
activity
each day