 EATING THE RAINBOW 

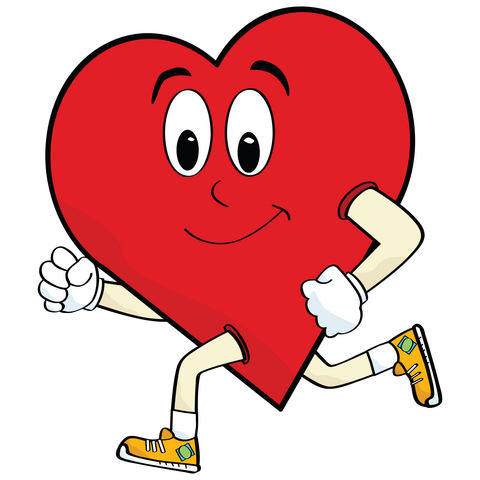
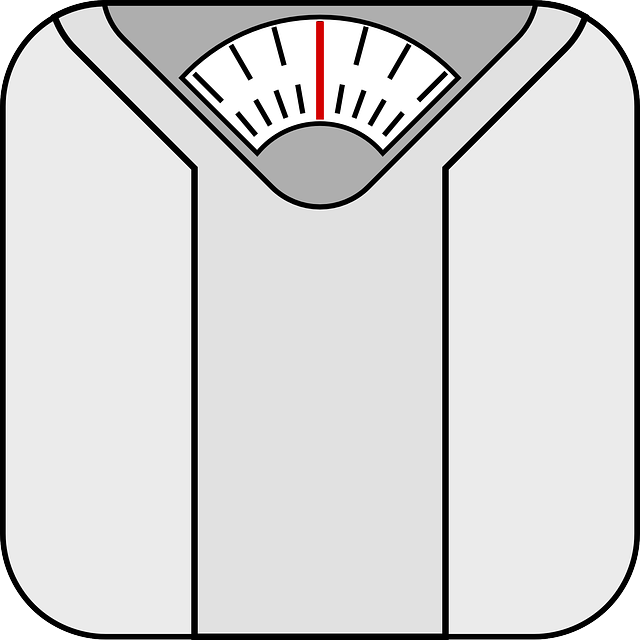
**Are you eating enough fruits and vegetables?**

**The USDA recommends:**

* **2 cups fruit/day**
* **2 ½ cups vegetables/day**

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**Eating MORE fruits and vegetables has many health benefits:**

* **Keeps your heart healthy**
* **Helps manage weight**
* **Reduces risk of adult diabetes**
* **Improves mental health**
* **Lowers blood pressure**
* **And more!**

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**Fruits & Vegetables come in many forms! Know the servings sizes:**

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* **1 cup 100% fruit juice = 1 cup of fruit**
* **½ cup dried fruit = 1 cup of fruit**
* **½ cup sliced whole fruit = ½ cup of fruit**
* **1 cup cooked vegetables = 1 cup of vegetables**
* **1 cup dry green leaves = ½ cup of vegetables**

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**Easy tips:**

* **Frozen fruits and vegetables are just as healthy as fresh ones!**
* **Swap a soda for 100% fruit juice**
* **Bring dried fruits like raisins for a snack that will not rot**
* **Shop the outside parts of the grocery store more than the aisles**

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**EASY RECIPES TO EAT MORE FRUITS AND VEGETABLES**

**Tropical Smoothie Recipe (2 ½ servings of fruit)**

* **1 cup orange juice**
* **1/2 cup frozen fruit**
* **1/4 cup fruit yogurt**
* **1/4 cup spinach**

**Place in blender with ice and blend until smooth**

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**Vegetarian Casserole:**

* **Warm 20 ounces of mixed vegetable packet of carrots, corn, peas in a pan over low heat**
* **Combine cooked vegetables with 1 cup chopped white onion and 1 cup chopped celery over low heat**
* **Add ½ cup mayonnaise and 1 cup shredded cheddar cheese**
* **Stir mixture until cheese is melted**
* **In a separate bowl, combine 1.5 cups Ritz crackers with ½ cup melted butter**
* **Spoon vegetable mixture into greased baking dish, and sprinkle butter and crackers on top**
* **Bake at 350 degrees for 30-35 minutes until warm**

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**Microwave apple pie:**

* **Chop green apple into small cubes**
* **Drizzle with honey**
* **Sprinkle cinnamon sugar over**
* **Microwave with ½ tablespoon of butter for 2 minutes**
* **Stir and serve when cool**