

WESTSIDE WELLNESS

www.westside66wellness.org



5-A-Day
ENJOY SEASONAL FRUITS AND VEGETABLES
health matters.
EDUCATE ENGAGE EMPOWER CREATING A CULTURE OF WELLNESS

Summer is a great time to enjoy everything a new growing season has to offer, including the abundance of fresh and tasty fruits and vegetables at their peak!

As part of a nutritious, seasonal dinner, try cutting up and grilling fresh peppers, sweet onions, zucchini, yellow squash, eggplants, or other vegetables. For dessert, follow up with a fresh fruit salad of melons, strawberries, grapes, blueberries, cherries, and other fruits. The vibrant colors will liven up your meals, and the appealing natural flavors and aromas will please your taste buds.

During the month of August, recommit yourself to eating at least five servings of fruits and vegetables each day. Fruits and vegetables provide essential vitamins and minerals, fiber, and other nutrients that are important for good health. Most fruits and vegetables are naturally low in fat and calories. Substituting them for high-calorie foods is a good calorie-reducing strategy. People who increase their fruit and vegetable consumption from two servings a day to five servings a day can cut in half the risk of getting many cancers. More fruits and vegetables matter

**NO INTERNET ACCESS?**

Return this section by 7/31/2010 to:
IHW Processing Center - Westside
10580 N. McCarran Blvd #115-397
Reno, NV 89503

WESTSIDE CODE:

WCS Code is printed above your name in
the mailing address on the back of this card.

5-A-DAY AUGUST 2010

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

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29 <input type="checkbox"/> 2 FRUIT <input type="checkbox"/> 3 VEGETABLES	30 <input type="checkbox"/> 2 FRUIT <input type="checkbox"/> 3 VEGETABLES	31 <input type="checkbox"/> 2 FRUIT <input type="checkbox"/> 3 VEGETABLES	ENJOY SEASONAL FRUITS AND VEGETABLES			TOTAL DAYS: 24 DAYS REQUIRED FOR DRAWING	

Always follow your primary care provider's recommendations if the program guidelines interfere with any medical treatment or condition. This action will constitute compliance to this program.

www.westside66wellness.org/5aday

After registration, please report your progress online anytime during August using your **Westside Code** printed above your name in the address on the back of this card. **Westside Community Schools cares about your health, safety, and well-being!**

NO INTERNET ACCESS?

After the program concludes, return this middle section before 9/10/2010.

WESTSIDE CODE: _____

IHW Processing Center - Westside
10580 N. McCarran Blvd #115-397
Reno, Nevada 89503

Program Guidelines

- Eat at least 2 servings of fruits each day **AND**
- Eat at least 3 servings of vegetables each day

Take time to educate yourself about various foods by determining the caloric content of a serving size of a different food each day. Those who follow guidelines for at least **24 days during August** will be entered into a drawing to receive **one of twenty gift cards**.

What is one serving?

- 1 cup of raw salad greens
- 1/2 cup of cooked vegetables
- 1/2 cup of cut-up fruit or vegetables
- 1/4 cup of dried fruit
- 1/2 cup of cooked beans or peas
- 3/4 cup or 6 oz. of 100% fruit or vegetable juice
- A medium-size fruit such as an orange, a small banana, or an apple

Serving sizes are small and attainable.



COLOR YOUR PLATE!

A plate that includes colorful vegetables is not just appealing to the eye. A wide variety of produce also provides your body with a number of health promoting benefits, such as vitamins, minerals and fiber. It's important to eat a wide variety of colorful vegetables and fruits every day.

The following table gives examples of some of the seasonal vegetables and fruits you are likely to find in local markets during the summer months.

FRESH, IN-SEASON VEGETABLES

Green beans	Cucumbers	Garlic
Tomatoes	Spinach	Okra
Radishes	Sweet potatoes	Squash
Zucchini	Onions	Black-eyed peas
Peppers	Potatoes	Lettuce
Corn	Eggplant	Rhubarb

FRESH, IN-SEASON FRUITS

Blueberries	Pears	Apples
Strawberries	Plums	Watermelon
Cherries	Pineapple	Papaya
Melons	Red grapes	Kiwi
Nectarines	Raspberries	Mango
Peaches	Valencia oranges	Figs



Go ahead; enjoy summer meals by including delicious produce at every opportunity! You can start healthy eating habits to follow year-round! For suggestions on ways to prepare many vegetables and fruits, visit: www.fruitsandveggiesmatter.gov



WESTSIDE COMMUNITY SCHOOLS
www.westside66wellness.org
909 South 76 Street
Omaha, NE 68114

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GREAT FALLS, MT



Smoothies are a great way to enjoy
fruits and vegetables.

Register today for **5-A-Day!**
Enjoy summer meals by including delicious
produce at every opportunity!

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