Are You Getting 5-A-Day?

Eating five fruits and vegetables a day is important to maintain your health. What are you doing to fit "5-A-Day" into your lifestyle?

Are you:

- Including a fruit and/or vegetable every time you eat?
- Adding fresh fruit to your cereal?
- Snacking on grapes or raisins?
- Adding chopped fruit or berries to recipes, e.g., cookies and muffins?
- Drinking juice?
- Ordering extra vegetables when you dine out?
- Adding lettuce and tomato to your favorite sandwich?
- Keeping a bowl of fruit on the refrigerator shelf at eye level so it is the first thing you see when you open the refrigerator?
- Keeping clean, ready-to-eat raw vegetables in the refrigerator?
- Keeping a bag of your favorite frozen vegetables in the freezer for a quick warmup?

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