

# Make 5-a-Day A Priority!

Norine enrolled in the online wellness program. The first change to improve her nutrition was “putting a bowl of fruit on the table.” Because the fruit was in easy reach, she chose a tangerine to eat as a snack. Her daughter soon found herself eating more fruit, too. The next goal was adding a vegetable at dinner. This new habit led to Norine buying different kinds of vegetables. Her daughter is so happy that the wellness program showed her mom how they can eat healthier.



Realistic, small goals can help you and your family with eating the recommended 5 to 9 servings of fruits and vegetables each day. Most of us need to double our current intake to gain the tremendous benefits fruits and vegetables provide in promoting good health, maintaining weight and preventing chronic disease.

- \* Choose from the rainbow such as red peppers, pineapple, sweet potato and avocado
- \* Choose for convenience such as cherry tomatoes, baby carrots, strawberries and bananas
- \* Choose for the flavor such as asparagus, bok choy, cantaloupe and blueberries

Go to [atyourservice.ucop.edu](http://atyourservice.ucop.edu) and connect to the *UC Living Well* site for information on healthy eating and the worksite wellness initiative at UC.

