

FRUITS & VEGETABLES



The Original
Fast Food!

**Eat 5-A-Day
Every Day!**

Did you know that eating a variety of fruits and vegetables every day may lower your risk for some cancers? It's true!

**Eat 5-A-Day for Health!
Eat 5-A-Day for Life!**

Which of these fruits and vegetables do you eat?

- | | | | | |
|---|-------------------------------------|--|---|---------------------------------------|
| <input type="checkbox"/> apples | <input type="checkbox"/> grapefruit | <input type="checkbox"/> strawberries | <input type="checkbox"/> watermelon | <input type="checkbox"/> corn |
| <input type="checkbox"/> bananas | <input type="checkbox"/> grapes | <input type="checkbox"/> tomatoes | <input type="checkbox"/> blueberries | <input type="checkbox"/> asparagus |
| <input type="checkbox"/> greens | <input type="checkbox"/> oranges | <input type="checkbox"/> cantaloupe | <input type="checkbox"/> cherries | <input type="checkbox"/> beets |
| <input type="checkbox"/> broccoli | <input type="checkbox"/> pineapple | <input type="checkbox"/> carrots | <input type="checkbox"/> peaches | <input type="checkbox"/> celery |
| <input type="checkbox"/> cabbage | <input type="checkbox"/> plums | <input type="checkbox"/> kiwi fruit | <input type="checkbox"/> mushrooms | <input type="checkbox"/> cucumbers |
| <input type="checkbox"/> cauliflower | <input type="checkbox"/> potatoes | <input type="checkbox"/> brussel sprouts | <input type="checkbox"/> raspberries | <input type="checkbox"/> pears |
| <input type="checkbox"/> onions | <input type="checkbox"/> peppers | <input type="checkbox"/> sweet potatoes | <input type="checkbox"/> squash | <input type="checkbox"/> mangoes |
| <input type="checkbox"/> nectarines | <input type="checkbox"/> beans | <input type="checkbox"/> spinach | <input type="checkbox"/> lettuce | <input type="checkbox"/> fruit juices |
| <input type="checkbox"/> vegetable juices | <input type="checkbox"/> garlic | <input type="checkbox"/> raisins | <input type="checkbox"/> honeydew melon | <input type="checkbox"/> peas |