



Nutrition and Health Checklist – Tip #3

“I eat few fruits, vegetables or milk products.”

Fruits and vegetables and dairy foods keep our bodies strong and healthy.

Here are some tips that might help you eat more of these foods.

Eat at least 5 servings of fruits and vegetables each day.

- Use fresh, frozen, canned or dried fruits and vegetables.
- Try unsweetened fruit juices as a drink.
- To get “5 a day,” eat fruits or vegetables at each meal, and 2 for snacks.
- A serving of fruits or vegetables is $\frac{1}{2}$ cup – the size of a tennis ball.

Eat or drink at least 2 servings of milk or other dairy products each day.

- Milk, yogurt, cottage cheese, and cheese are all dairy products.
- Buy low-fat dairy products to make a healthy choice.
- How big is 1 serving?
 - Milk or yogurt is 1 cup.
 - Cottage cheese is $\frac{1}{2}$ cup.
 - Cheese is $1\frac{1}{2}$ ounces – the size of 3 dominos.

If milk gives you gas, cramps or diarrhea:

- Use dairy products that say “lactose-free” on the label.
- Try calcium-fortified soy-milk in place of cow’s milk.
- Drink smaller amounts of milk more often.

Try these healthy foods:

- Add vegetables to soups, stews or casseroles.
- Top yogurt with fruit and sprinkle with cereal to make a fruit sundae.
- Add vegetables to homemade breads – like zucchini or squash bread.

