

2...4...6...8...

Keep your body feeling **GREAT!**

3...5...7...9...

Full of life and feeling **FINE!**

Grab an apple, take a bite,
Fruit and veggies keep you right.

Nature's goodness just for you,
Fresh as sparkling morning dew.

Oranges filled with vitamin C,
Delicious juicy energy.

Crunch a carrot, munch a pear,
Everyone deserves their share.

Eat your way to tingling health,
Treat yourself to nature's wealth!

Lively people on the go
Love the fruit and veggie glow!



Special Olympics

Healthy Athletes
Health Promotion

Special Olympics
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Healthy Athletes



GIVE ME 5

Five Fruits and Vegetables Every Day - The Healthy Athlete Way!

It's never too late to change how you eat so you can feel healthy and be fit for sports. There are lots of things you can do to eat healthy. Eating five or more servings of fruits and vegetables is one of them!

What's in it for You?

Fruits and vegetables have lots of good things:

- They taste good; some are sweet, some are spicy.
- They're crunchy.
- They're low in fat.
- They're packed with vitamins that help fight heart disease and cancer or build strong bones.
- They have lots of fiber. We all need more fiber!

They Come in All Shapes, Sizes, Colors and Textures!

You can eat more of your favorites or try some new ones. Here are some challenges just for you:

- Eat more than five servings of vegetables and fruits in a day. How many servings did you eat?
- Eat as many different colors of fruits and vegetables as you can in a week. Can you fill a rainbow?
- Eat fruits and vegetables in as many forms as you can in a week: cooked, raw, canned, frozen, dried and in juice. Which did you like best?
- Eat fruits and vegetables for snacks instead of chips, cookies or candy for a week. How did you feel?

What Does a Serving Look Like?

1 serving green salad =
a baseball or your fist

1 serving cooked vegetables =
a light bulb or tennis ball

1 serving fresh fruit =
7 cotton balls or a rubber handball

1 serving canned fruit =
a tennis ball

1 serving grapes (15) =
a light bulb

1 serving raisins =
a large egg

1 serving vegetable or fruit juice =
1/3 small soda at a fast food restaurant

**Small changes make
a Big BIG difference!**