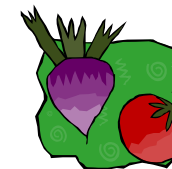


S B S T I U R F E F J B
 J E O Y A R C M B A A G
 U M L B V O P B F N A N
 I U L B O A S A A H T O
 C E Q K A E L N A E S I
 E W E K M T A K R R A T
 A D Y A D A E V I F P A
 W O E I T E M G C X P R
 G R E Y Q E L C E S Q D
 C T T O U H O P J V Q Y
 S N A C K L C H P K R H
 K G E L C B M H S A M Q

Apple	Diet	Juice	Rice
Banana	Eat	Mash	Snack
Cooked	FiveADay	Meals	Vegetables
Cream	Fruits	Pasta	
	Hydration		

EAT 5 A DAY



For better health

FIVE DAILY TIPS

- Drink juice or eat fruit.
- Snack on fruits and vegetables.
- Eat dried, frozen and canned fruits and vegetables.
- Cream or mash cooked fruits and vegetables if you have difficulty chewing.
- Add vegetables to pizzas, pastas and rice.

One serving of fruit = 1 banana or orange, 1 small apple, ¾ cup fruit juice, 5 prunes

One serving of vegetable = ½ cup cooked vegetables
 1 cup salad greens