

Employee Tip Sheet

5-A-Day The Tasty Way

Fit & Fun Families

Make 5-A-Day Your Choice Today.

Are the food choices you are making good ones? We all know that fruits and vegetables are good for you. But what can you do to get more fruits and vegetables into your diet? And how can you do this while at work?

Why?

- Because your health matters!
- Because colorful fruits and vegetables provide the wide range of vitamins, minerals, and fiber your body needs to maintain good health and energy levels.
- Consuming 5 to 9 servings of fruits and vegetables a day helps to fight against cancer, heart disease and the effects of aging.
- Most fruits and vegetables are naturally low in fat and calories, and are filling.

How?

- Create small goals to eat fruits and vegetables at every meal.
- Use the action ideas for work and home to make small changes.
- Track your progress and goals. Record on the personal diary included in the 5-A-Day employee tip sheet. Most of us don't eat 5 servings a day, so make that your first goal and then work your way up to 9 a day.
- Celebrate your healthy changes and share your **tasty** ideas with others.

Resources:

The following resources are filled with recipes, shopping tips, and fun ways to add 5-A-Day to your day.

- **5-A-Day for Better Health** is a national program and partnership that seeks to increase the number of daily servings of fruits and vegetables Americans eat to five or more. The 5-A-Day program provides easy ways to add more fruits and vegetables into your daily eating patterns. www.5aday.gov
- **5-A-Day Tips: Energizing Tips For A Healthier Family** www.cdc.gov/nccdphp/dnpa/5ADay/tips/energizing.htm

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Take Action: *Put Health in Motion!*

What You Can Do at Home:

- Plan and prepare meals and snacks to include servings of fruits and vegetables. “Grab and Go” ideas include:
 - Pack portable fruit such as apples, grapes, or orange slices.
 - Cut up washed carrots and peppers and bring in a snack bag.
 - Wash and cut lettuce to make an on the go salad.
- To save time, pack a brown bag lunch the night before work that includes servings of fruit and vegetables.
- Pack salads or vegetables from leftover meals for the following day at work.
- Refer to the **additional resources** provided for recipe ideas.

What You Can Do at Work:

Goal: Include a colorful selection of fruit and vegetable choices in your meals everyday.

- **If eating out**, try to avoid the fast food temptation. If not possible, most fast food places now offer healthy food choices such as salads or fruit cups instead of french fries.
- **Brainstorm** with coworkers the best area restaurants that serve healthy foods.
- **Invite** coworkers to eat at a healthy restaurant.
- **Challenge yourself** to include servings of fruits and vegetables while at work.
- **Give thoughtful consideration** to your food choices at every meal. If you are tempted by that sweet or salty treat, try to balance it with a piece of fruit, a green or fruit salad, or a steamed vegetable.
- **Use the grab and go** fruit and vegetable ideas instead of the vending machines if you are pressed for time.
- **Keep a food diary** to track your progress and celebrate success!

Start something new. Be a role model for change.

Have fun and get others excited to join you!

Have a brown bag “Lunch-a-thon”:

- Gather the best recipes or hints for brown bag ideas.
- List the best outside locations for lunch near the work area. (e.g., local parks, zoos, or picnic benches).
- Hang your creative ideas on a central bulletin board (Use the 5-A-Day Bulletin Board template) and ask coworkers to add to the list.
- Designate and announce a certain day of the week as a “brown bag day”.
- Choose a location at the work site or have coworkers join you at an outside lunch spot.
- Celebrate and enjoy your healthy fruit and vegetable choices together!

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The 5-A-Day Challenge

Challenge #1:

Size Up 5-A-Day Servings

Challenge yourself to eat 2-3 servings of fruits and vegetables at every meal. Including 5 to 9 servings daily is easier than you think. One serving of fruits and vegetables should fit within the palm of your hand- it's a lot smaller than most people think!

A serving is:

- One medium-sized fruit.
- 1/2 cup raw, cooked, frozen, or canned fruits or veggies.
- 3/4 cup 100% fruit juice or vegetable juice.
- 1/2 cup cooked, canned, or frozen legumes (beans or peas).
- 1 cup raw, leafy veggies.
- 1/4 cup dried fruit.

Challenge #2:

Eat Your Colors

Challenge yourself to fill your plate with as many different colors as possible. Chances are this will include the addition of more fruits and vegetables. Think to include the five color groups daily – Red, yellow /orange, white, green, and blue/purple.

Here's one 5-A-Day the Tasty Way example:

- Breakfast – Orange Wedges (yellow/orange).
- Lunch – Purple grapes (blue/purple), cucumber (green) and tomato slices (red).
- Dinner – Green beans (green), strawberries (red).
- Snacks – Raisins (blue/purple), banana (white).

Recipe idea: Fresh Fruit Smoothie

Here's a great way to get some of your 5- to 9-A-Day – Combine low-fat yogurt, fruit juice, and fresh, canned, or frozen fruit and blend for a quick fruit smoothie.

This message brought to you by CIGNA HealthCare and the Healthy Kids Challenge.
Working to make healthy eating and physical activity a regular part of your life at home and at work.

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Healthy Eating and Physical Activity Diary

Personal Diary

Date:

Fruits and vegetables I ate today

What I did for physical activity

Goals/Thoughts

Date:

Fruits and vegetables I ate today

What I did for physical activity

Goals/Thoughts

Date:

Fruits and vegetables I ate today

What I did for physical activity

Goals/Thoughts

Date:

Fruits and vegetables I ate today

What I did for physical activity

Goals/Thoughts

Date:

Fruits and vegetables I ate today

What I did for physical activity

Goals/Thoughts

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Instead of racing to the next fast food restaurant for your meals at work, help your fellow coworkers come up with healthy menu and meal tip ideas. Post on a communication board to share ideas.

Healthy area restaurants: (Include menus if possible)

Healthy lunch menu ideas:

List of the best area outside spots for lunch:

(e.g., local parks, zoos, or picnic benches)

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