

5 A DAY YOUR WAY



WorkWell NYC challenges you to strive for 5 servings of fruits and vegetables every day!

Fruits and vegetables are an important part of a healthy diet. They provide essential nutrients to keep our bodies working well. Everybody's needs are different, but most adults should have at least about 5 servings of fruits and vegetables every day.

5 reasons to go for 5

As part of an overall healthy diet, consuming fruits and vegetables regularly can:



1. Reduce your risk for obesity



2. Help to lower blood pressure



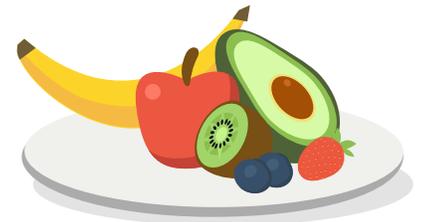
3. Protect against certain types of cancer



4. Reduce risk for heart disease, including heart attack and stroke



5. Reduce your risk of type 2 diabetes



Fill half of your plate with fruits and vegetables at every meal.

You'll be well on your way to 5 a day!



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WorkWell
NYC
Bill de Blasio, Mayor
Healthy Workforce. Healthy City.

5 A DAY YOUR WAY



TRACKING TOOL

Use this tool to track how many fruits and vegetables you eat this week.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Example: 1/2 cup of blueberries in my cereal				
2					
3					
4					
5					
More than 5 servings? List them in these boxes.					



WHAT'S ONE SERVING?

Here are some suggestions ▶

1/2 cup raw or cooked vegetables, like broccoli or carrots.

1 cup of raw leafy greens like spinach or lettuce.

1 medium whole fruit like a banana or an apple the size of your fist.

1/2 cup of cut fruit, such as sliced melon or a fruit cup.*

2 tablespoons dried fruit* like raisins or prunes.

*Look for a "no sugar added" variety

Name _____ Agency _____

Email _____

Submit your tracker at bit.ly/5adaychallenge after the challenge for a chance to win a healthy eating prize pack.



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