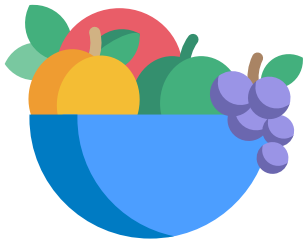




servings of fruits and vegetables per day



Keep a bowl of fresh fruit on the counter.

Make a fruit smoothie with low-fat yogurt.



Add veggies to old favorites, like whole grain pasta, pizza, or eggs.

Wash fruits & veggies in advance to grab and go or add them to side dishes and salads.



5210
Let's Go!



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