

EAT



Strive For Five is a 5-week virtual program designed to help you improve your wellness. Choose 2 or more goals from the 5 categories and track your progress online. Use these resources to help you get started.

Goal: Eat 5 or more fruits & vegetables per day

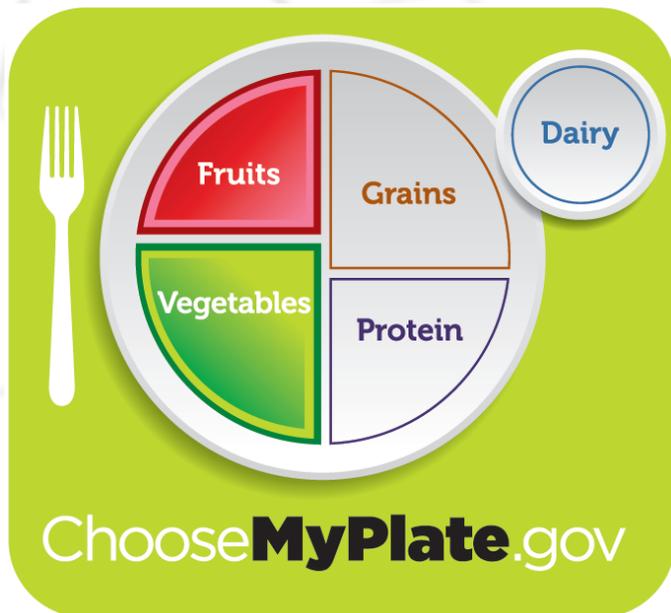
- 1 serving = 1 medium fruit, 1 cup of fruit, 1/2 cup of fruit juice, 1/4 cup of dried fruit, 1 cup of raw vegetables, or 1/2 cup of cooked vegetables.
- Start your day with 1/2 cup of fruit juice and add some vegetables in your breakfast. This can be done by scrambling 2 eggs with a 1/2 cup of spinach, top it off with some cheese.
- Carrots and celery sticks are great snack ideas for on the go. Dip carrots in a light dressing and put peanut butter on top of celery sticks for more flavor.
- Plan ahead by preparing veggies for the week ahead. Add already prepared vegetables to dishes throughout the week (pastas, salads, omelets).
- Try to get 2 cups of fruit a day and 2 1/2 cups of vegetables your daily goal. Enjoy the way you eat your fruits and veggies! Have a fruit salad for dessert or add more mushrooms, green peppers, and onions on your pizza.
- Frozen and fresh vegetables have the same nutrition content. If you are low on time, microwaving your favorite vegetables is a quick option.

Goal: Increase fiber in your diet

- Fruits, vegetables, beans, lentils, nuts, seeds and whole grains are great sources of fiber.
- Drink plenty of water if increasing your fiber intake to help your body adjust to new fiber levels.
- Exchange white bread with whole wheat bread, add vegetables to sandwiches and pasta dishes, make a fruit smoothie, and add some beans into your next salad.
- Whole grains and beans have the most fiber so small changes make all the difference!

Goal: Lower sodium and processed foods

- Season your food using herbs, citrus juices and vinegars instead of reaching for the saltshaker.
Check food labels for sodium per serving. Products with less than 100 mg of salt per serving are a good choice.
- Prepare meals using fresh and frozen foods, or no-salt-added, low/reduced sodium canned foods.
- Eat at home more often. This way you can control how much salt you are adding to a dish.
- Limit sauces and “instant” ready-made products to control the amount of salt added.



MyPlate is a reminder to find your healthy eating style and build it throughout your lifetime:

- Focus on variety, amount, and nutrition.
- Choose foods and beverages with less saturated fat, sodium, and added sugars.
- Start with small changes to build healthier eating styles.
- Support healthy eating for everyone.

choosemyplate.gov/about-us

Why limit sodium?

Eating too much salt can increase blood pressure by causing the body to retain too much water and creating an added burden on the heart. Most sodium consumed in our diet comes from restaurants and commercially prepared, packaged foods (such as pizza, burgers, tacos, seafood dishes and soups).

Limit sodium intake to 2300 mg per day for anyone age 14 and up.