

STRIVE FOR 5



Try to eat at least 5 servings of fruits and vegetables each day. Why? Because studies show that fruits and vegetables are critical to promoting a healthy body. Fresh, frozen, or canned fruits and veggies count.

Earn 1 point for each serving of fruit or veggies you eat a day (max of 7 points/day). If your total points for the month are 80 or greater, you will earn a \$20 HRA contribution!

WHAT COUNTS AS A SERVING?

- ▶ 1 small apple
- ▶ 2 cups of shredded lettuce
- ▶ 1 large orange
- ▶ 2 large or 3 medium plums
- ▶ 1 medium potato
- ▶ 12 baby carrots
- ▶ 1 large sweet potato
- ▶ 2 large stalks of celery
- ▶ 8 large strawberries
- ▶ 1 large ear of corn
- ▶ 1 medium pear
- ▶ 1 medium grapefruit

