

WHAT IS A SERVING?

A 5 A DAY SERVING SIZE IS SMALLER THAN YOU THINK.

- 1 medium-size fruit ■ 3/4 cup (6 oz.) of 100 percent fruit or vegetable juice ■ 1/4 cup of dried fruit
- 1/2 cup of cooked, frozen, or canned vegetables or fruit ■ 1 cup of raw leafy vegetables
- 1/2 cup of cooked dry peas or beans ■ 1/4 cup of dried fruit

VEGGIE SKELETON

SKELETON:

cherry tomatoes, mushrooms,
all peppers, green beans,
asparagus, broccoli,
cauliflower, carrots,
celery, snow peas,
zucchini, bananas,
cherries



DIP FOR BRAIN:

- 3 cups low-fat yogurt
- 1 cup low-fat mayonnaise
- 1/2 cup peach jam
- 1 tbsp. orange juice
- 1/2 tsp. curry powder

Stir all ingredients together and place in lettuce-lined bowl. Makes 4 - 6 servings. Using the bowl and dip as head and brain, create your own skeleton by using your choice of vegetables for spine, ribs, arms, legs, hands, feet, fingers, and toes.

**FOR MORE FUN FOR KIDS,
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