

## 5-A-Day: The low-cost way!

Contrary to popular belief, most fruits and vegetables are inexpensive compared to other snack foods! Here is a comparison of some nutritious snacks and some common not-so-healthy ones:

**Bag of apples:** \$0.27 per serving  
**Candy Bar:** \$0.59 per serving

**Banana:** \$0.20 per serving  
**Potato chips:** \$0.25 per serving

**Raisins:** \$0.19 per serving  
**Cookies:** \$0.21 per serving

**Carrots:** \$0.20 per serving  
**Donut:** \$0.55 per serving



(Reflects sale prices in effect 8/04)

A new study by the USDA shows that one can get the two to three servings of fruits and three to four servings of vegetables recommended daily for just \$.64! That's less than the cost of a candy bar, or a bag of chips. But still only 7% of people eat the suggested servings of fruits and vegetables. Here are some ways to increase your daily servings:



- Add dried fruits to cereal
- Snack on fresh fruits instead of expensive packaged snacks. (You can buy just one fruit at a time if that's easier!)
- Fill ½ of your dinner plate with vegetables every night.
- Buy frozen vegetables and cook only what you need- there is less waste that way!

## Why are fruits and vegetables so important anyway?

- ◆ Fruits and vegetables are the best places to get essential vitamins and minerals.
- ◆ Fruits and vegetables are a good source of fiber, which aids in digestion.
- ◆ Fruits and vegetables are low in calories and have barely any fat. All 5 servings a day contribute only 225 calories and less than 1 gram of fat to your diet!
- ◆ Phytochemicals are found in fruits and vegetables, and have anti-cancer and anti-aging effects.

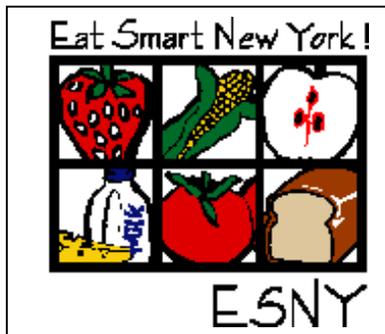


For further questions and for more information...

Call or e-mail Dora Christian  
585-461-1000 ext. 257  
dfc23@cornell.edu

Visit our website  
[www.cce.cornell.edu/monroe](http://www.cce.cornell.edu/monroe)

Cornell Cooperative Extension  
Monroe County  
Monday-Friday  
8:30am to 4:30pm



"In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability.

"To file a complaint of discrimination, write USDA, Director of Civil Rights, Room326-W, Whitten Building, 1400 Independence Avenue, SW, Washington DC 20250 or call (202) 720-5864 (voice and TDD). USDA is an equal opportunity employer."

## How big is a serving?

### 1 serving equals...

#### Vegetables:

- ½ cup chopped raw or cooked vegetables,
- 1-cup raw leafy vegetables,
- ¾ cup vegetable juice,
- ½ cup mashed potatoes

#### Fruits:

- 1 piece of medium fresh fruit,
- ¾ cup fruit juice,
- ½ cup chopped, cooked, or canned fruit,
- ¼ cup dried fruit



# 5-A-Day... The Low-Cost Way!



**Good nutrition can fit into your budget!**

