

## *Quick tips to get more fruit and vegetables*

- Top hot or cold cereal with dried fruit
- Blend frozen berries with evaporated low fat milk for a healthy shake
- Add canned or frozen vegetables to soups, stews and casseroles
- Top a baked potato with salsa or chili beans and cheese
- Mix a can of fruit cocktail with vanilla, lemon or banana pudding for an easy fruit salad

*It's easy to get your  
5 A Day  
The Alaskan Way!*

### *Sample 5 A Day*

Breakfast:  $\frac{1}{2}$  cup canned fruit with low fat cottage cheese

Lunch: 1 cup dried seaweed

Snack:  $\frac{1}{4}$  cup raisins

Dinner: Stew with  $\frac{1}{2}$  cup carrots and  $\frac{1}{2}$  cup potatoes



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*5 A Day*



# The Alaskan Way





Eating fruits and vegetables each day can

help reduce your risk of cancer, heart disease,

obesity and high blood pressure! Fruits and vegetables are a good source of many nutrients that have been shown to help prevent certain types of cancer. Fruits and vegetables are also a good source of fiber,

which can help lower blood cholesterol. Eating fruits and vegetables each day is an important way to maintain your health.

For those living in rural Alaska, getting your *5 A Day* may be a little more challenging, but it can be done!

Many village or small town grocery stores in rural areas may not carry fresh fruits and vegetables. Fortunately, there are other ways to get your *5 A Day*.

## S U M M E R

Take advantage of the fresh produce that may be in your backyard! Wild Alaskan berries and greens are very nutritious! One half cup of lowbush salmonberries has more vitamin C than  $\frac{1}{2}$  cup of 100% orange juice. Sour dock has almost as much vitamin A as carrots. Find out which of these healthy fruits and vegetables grow in your area and how to harvest them.



### Berries

- Lowbush cranberries
- Huckleberries
- Crowberries
- Blackberries
- Lowbush salmonberries
- Highbush salmonberries
- Blueberries
- Raspberries
- Currants

### Greens

- Beach asparagus
- Seaweed
- Fiddlehead fern
- Goose tongue
- Sour dock or wild spinach
- Willow leaves
- Fireweed shoots and leaves
- Wild rhubarb
- Dandelion greens
- Wild celery

There are many traditional Alaskan Native ways to preserve these foods for the winter.

## What's a Serving?

1 medium piece of fruit
$\frac{1}{2}$ cup cut up or canned fruit
$\frac{1}{2}$ cup 100% fruit or vegetable juice
$\frac{1}{4}$ cup dried fruit or vegetables
$\frac{1}{2}$ cup raw or cooked vegetables
1 cup raw leafy vegetables or dried black seaweed
$\frac{1}{2}$ cup cooked beans

## W I N T E R

Frozen and canned fruits and vegetables are just as good for you as fresh and a quick and easy way to get your *5 A Day*.

Compare the nutrients in fresh, frozen and canned:



### Fresh green peas\*

- 4 grams protein
- 3 grams fiber
- 48 RE Vitamin A

\* $\frac{1}{2}$  cup serving size

### Frozen green peas

- 4 grams protein
- 3 grams fiber
- 54 RE Vitamin A

### Canned green peas

- 4 grams protein
- 3 grams fiber
- 66 RE Vitamin A

Dried fruits, such as raisins, prunes, apricots and berries, can count toward your *5 A Day*.

“Tang” and “Hi-C” do not count as a fruit serving because they contain mostly artificial flavors and sugar. However, one serving per day may come from  $\frac{1}{2}$  cup 100% fruit juice or vegetable juice.