

5-3-1 FOR HEALTHY WOMEN

- ◆ 5-9 servings fruits & vegetables
- ◆ 3 servings lowfat dairy
- ◆ 1 hour of exercise



5-9 servings
each day

FOCUS ON FIBER

Looking to get more fiber in your diet? The recommendations for women is to get about 25 grams of fiber daily. Dietary fiber from fruits and vegetables, as part of an overall healthy diet, helps reduce blood cholesterol levels and may lower the risk of heart disease. Fiber is also important for proper bowel function. Fiber containing foods such as fruits and vegetables help provide a feeling of fullness with fewer calories. To get the most fiber from your fruits and vegetables, be sure to eat the skins! One apple with skin can provide anywhere from 3-5 grams of fiber, depending on size.

Tips for adding more fruits and vegetables to your diet:

- ◆ Cut up fruits and veggies, make them convenient to eat
- ◆ Put a banana or apple in your bag for a snack on-the-go
- ◆ Keep a bowl of fruit out, use it as a reminder
- ◆ Add veggies to your sandwich, or foods such as sauces and soups; cut up peppers, onion, and mushrooms and add them to pasta sauce
- ◆ Add fresh or frozen fruit to your yogurt



3 servings
each day

BURN MORE FAT

Dairy is an excellent source of calcium and contains 8 other essential nutrients including Vitamin D, potassium and protein. It may be common knowledge that dairy products help build strong bones, muscles, and teeth; but did you also know dairy may help you burn more fat?

As part of a reduced-calorie diet, 3 servings daily of low-fat dairy can help you lose more weight by burning more fat. A recent study done by *Obesity Research* showed that people on a reduced-calorie diet who consumed 3 serving of low-fat dairy a day, lost significantly more weight and body fat than people who reduced calories and ate little or no dairy.

Strawberry Smoothie

- 2 cups fresh strawberries
- 1 cup low-fat vanilla yogurt
- 1 cup 100% orange juice (or your favorite variety of 100% fruit juice)
- 1 cup ice cubes
- 1 banana

Place all ingredients in a blender and blend until smooth, serve immediately.



1 hour of
physical
activity
each day

EVERY LITTLE BIT COUNTS!

You certainly do not have to do one consecutive hour of exercise daily to meet recommendations. Choose activities that you enjoy, and can fit into your daily routine.

- ◆ Take a walk during you lunch break, or after dinner
- ◆ Get outside and play with your kids, or even your dog!
- ◆ Do simple exercises such as pushups, lunges, and crunches during commercial breaks when watching your favorite TV show
- ◆ Mow the lawn, clean your house, or just get up and dance to your favorite music!
- ◆ Do activities with a partner, or group; it helps keep you motivated