Dietary behaviors

75% of students do not eat enough vegetables and fruits

9.5% eat no fruit weekly

5.8% eat no vegetables weekly

VARY YOUR VEGETABLES
by color (especially dark green, red, and orange)
by type (especially leafy greens and legumes)

ADD FRUITS
any fruit or 100% fruit juice counts

Dig in!
Fruits and vegetables are good for you (honest)

EAT 5 OR MORE A DAY

Fruits and vegetables are good for you (honest)