

MATCH the MAYOR VII

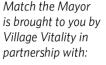
Colorful Choices[™]

"Band Together" to Produce Good Health

More is definitely better when it comes to eating produce. If you aren't certain you're getting enough, keep reading for a clever way to keep track of your daily produce intake.

- Wear loose fitting rubber bands on your wrist: 5 or more depending on your goal.
- For each serving of vegetables or fruit you eat, move a rubber band to your other wrist.
- Try including produce in every meal, including breakfast.
- Keep in mind that fresh or frozen produce has the highest nutritional value.







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