



# 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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