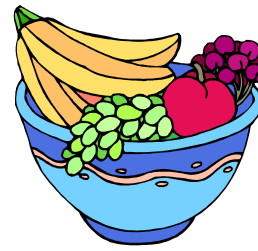


Strive for at least 5 servings of fruits and vegetables per day and you'll thrive through the holidays!



Red, yellow, green. Colors you see everyday. Try to eat a variety of vegetables with these colors too like tomatoes, bananas, grapes!

Fresh, frozen, canned and dried — they all count!

Healthy Holidays!

*from Onslow County CHIP Inc.
a certified Healthy Carolinians agency*



Keep **your** engine running by eating a healthy diet of fruits and vegetables to:

- * Help maintain a healthy weight
- * Help prevent certain cancers
- * Help maintain a healthy blood pressure
- * Reduce risk of heart disease
- * Reduce risk of diabetes



Try to get a minimum of 30 minutes of physical activity a day, 5 days a week!