

Vegetables & Fruits

Fuel Up with
4–5 Fruits & Veggies
a Day before the
Strong Body,
Sharp Mind!



1

EAT TO BE FIT.

Aim for at least 3
veggies + 2 fruits daily that's
your winning combo!

2

BALANCE YOUR PLATE.

If you're having rice for
breakfast or dinner, load up
on veggies. A good rule: your
veggie serving should be big
enough to cover your rice
portion.



3

SNACK SMART.

Fruits make the perfect snack
fresh, sweet, and easy to
carry anywhere.



4

GROW YOUR OWN!

Planting fruits and veggies at home gives you the
freshest, cheapest, and easiest supply plus you'll
get a little exercise while caring for your plants.

