

# 5-A-Day Fruit & Veggie Bands

A helpful way to remember to eat  
5 fruits and vegetables every day!



Healthy Choices Count!

[www.lowaHealthiestState.com/5210](http://www.lowaHealthiestState.com/5210)



Put all 5 bands on the RIGHT wrist  
each morning.  
Each time you eat a serving of fruit or  
vegetable, move one band to the  
LEFT wrist.  
The goal is to have all 5 bands on the  
LEFT wrist by the end of the day!

**HOW TO USE  
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