

May Wellness Challenge

Remember to track your progress on your Living Well Tracking Sheet!



The Five Alive Challenge invites you to eat 150 servings of fruits and vegetables in 30 days (5 per day). A serving is about 1 cup for most fruits and vegetables and 2 cups for leafy greens. They can be cooked or raw, fresh or frozen. Five servings a day may seem like a lot, so you may need to plan ahead to make sure you get them all in. If you only eat four one day, you can eat six the next day to catch up. If you're not a fan of fruits and vegetables, smoothies or soup may be delicious alternatives. You can easily squeeze three to four servings into a single smoothie. Soup is the hot and savory version of a smoothie and is a simple way to eat lots of vegetables.

The great thing about eating fruits and vegetables is that even though five servings is a lot of food, it's not a lot of calories. In fact, fruits and vegetables are the foods with the highest nutrition-to-calorie ratio, protecting your body from illness and disease like no other food. You should eat your fruits and vegetables both cooked and raw. Cooking may destroy certain nutrients, but it makes others available or easier to digest. Whichever method you choose, eating plenty of each will give you a healthier, happier body.