



5210 Frequently Asked Questions



How big is a “serving” of fruit or vegetables?

A medium sized fresh fruit, such as an apple, banana or orange, ½ cup of fresh, frozen or canned fruits or vegetables or 1 cup leafy greens

How do I get more servings per day?

Start early by adding berries on your yogurt, a banana on your peanut butter toast or spinach and peppers to your omelet.

Buy your produce for the week on the weekend, wash it and prep it for the week. Bag apple slices, carrots, radishes, pea pods, etc. in small snack sized storage bags for snacks to grab during the week. Cut produce for salads ahead and fill storage containers in the fridge for last minute salads for lunch or dinner and prep fruits such as melons, oranges and berries for quick breakfast add-ins.

Remember frozen vegetables are great to have on hand to add in to casseroles or steam for a quick accompaniment for meals and are just as nutritious as fresh.

Remember ½ your plate at each meal should be fruits and vegetables, so start there in your meal planning and add in ¼ plate of a whole grain and ¼ plate of protein.



What does “recreational screen time” include?

Time on a computer, TV, gaming console, tablets or smartphones all count. It’s estimated we burn ½ the calories watching screens as we do reading a book! It’s also very hard on sleep cycles and brain activity.

But what would I do instead?

As our days are longer in summer, take a brisk walk after dinner, play a board game with your family, head to a local park or beach or go for a bike ride. Or use this special time to teach yourself or your kids new hobbies, like painting, clay, plant a pot of lettuce seeds or take up a musical instrument.



There’s no way I have time for an hour of physical activity in my life! How can I do that?

It doesn’t have to be all at once, and actually is better if spread throughout the day. Any activity where you are breathing hard like fast walking, biking, hiking or dancing counts.

Take the stairs every chance you can (10 calories burned for every level!), start the day with a brisk 10 minute walk, park the car on the far side of the parking lot when you’re shopping, ride your bike back and forth to work or vacuuming the house are ways you can quickly accumulate an hour of being active.

The single best way to get this in with a busy schedule is to keep a pair of walking shoes and headset at your desk during the day or by your front door at home, throw them on when the phone rings and head out while you chat. Or...do the same and go weed your garden!



Good grief! Sugary drinks are everywhere! How can I avoid them?

The thing about sugary drinks is that they are an accumulated taste. Once you wean yourself off them, sugar becomes more distasteful to your system. Our bodies were not meant to handle the large amount of simple sugars added to our food supply, and recent research suggests the fastest way we can decrease chronic diseases and obesity is by decreasing our intake of sugar, especially sugar-sweetened beverages.

First stop is your daily coffee shop, where most of the drinks can contain more than ½ your day's calories. Opt for an Americano or an unsweetened ice tea. Begin by cutting your "4 pump mocha" to 2 pumps, then gradually wean yourself to a plain coffee. Do the same with flavored coffee creamers (a chemical nightmare), combining them 50/50 with regular unsweetened half and half, or creamer until your taste buds adjust.

Diet drinks are fine for an occasional treat, but use them as a means of gradually changing your tastes to seltzer water or water flavored with fresh fruits. And seek out those sweetened with stevia, a better source of sweetener.

Each morning, fill a large pitcher with some lemons, berries, cucumber slices, fresh oranges or mint leaves and drink from it throughout the day for a far better alternative, or make yourself a large pitcher of iced tea each morning and get your antioxidants throughout the day.

Skip the fruit juice, especially in children under 2 years old altogether, and only 4 ounces per day over 2 years old.

What about alcohol? Does that count as a "sugary beverage"?

YES. Drinking booze can quickly accumulate in empty calories, so moderation is the key. Though most alcohol is actually processed as fat by your body, the large influx of carbohydrates from them is hard on your system.

Mix wines or hard alcohol with fresh fruit and seltzer water for a refreshing summer drink that goes further, or drink a light beer or two. "Moderation" is one drink per day for women and two for men.

Don't my kids need "energy drinks" during summer practices?

No, actually, unless they're running a half marathon, for most children good old water is much more hydrating. Most of these drinks are very high in sugar and calories, and some have copious amounts of caffeine, *not* something we want children to have!

Congratulations on Accepting the 5210 Challenge!

*Remember new habits take time
so keep trying until healthy habits
become a regular routine.*