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5 A Day: Savor the Flavor of Fruits and Vegetables

Dr. Elizabeth Pivonka R.D. Ph.D, Barbara Berry M.S. R.D

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Imagine if there was a way to: Get the fruits and vegetables you need without effort. Make one simple and delicious meal that provides 100% of the servings you need for an entire day. Incorporate more vegetables into your family meals without their suspecting a thing.

There is!... and it's all right here in 5 A Day: The Better Health Cookbook.

Fruits and vegetables – whether fresh, canned, dried, or frozen – are packed with vitamins, minerals, antioxidants, and phytonutrients that help your body fight off a host of health problems. Who wouldn't jump at the chance to lower cholesterol, lose weight, and protect themselves and their families from diseases like cancer, diabetes, and heart diseases? You and your family can start living longer, healthier lives today.

That's right – eating just 5 servings of colorful, versatile fruits and vegetables can bring you health benefits beyond comparison. And *5 A Day: The Better Health Cookbook* shows you just how simple – and delicious! – eating for better health can be. Besides offering you creative, easy-to-make recipes, 5 A Day also gives you lots of ideas for making a small change or addition to an existing recipe to help you reach your 5 a day goal in a snap.

You'll reap the countless health rewards of a variety of wonderful foods, including Mexican Steak with Fruit Skewers, Crispy Beer-Batter Onion Rings, and Banana-Apple Sherbet. Please your family with Honey-Dijon Chicken, Mediterranean Pasta Salad, and Plumberry Granita. Feast on Grilled Southwestern Shrimp, Cherokee Corn and Beans with Acorn Squash, and Baked Apple Fritters.

Better health is just one mouthwatering meal away. Enjoy every bite!

5 A Day: The Better Health Cookbook includes more than 150 delicious, easy recipes your family will love; at-a-glance fruit and vegetable servings with every recipe; a 7-day menu plan that shows you how easy it is to make healthy food choices; 7 power menus, each packing all your 5 a day needs into one fantastic meal.

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