



# ChallengeME MONTHLY MINUTE

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Monthly topic:

## 5-A-Day Fruits & Vegetables

Evidence shows that there are significant health benefits to getting at least 5 portions of a variety of fruit and vegetables every day. That's 5 total portions, not 5 portions of each.

### What counts?

80 grams of fresh, canned, or frozen fruit and vegetables counts as one portion. Opt for canned fruit and vegetables in natural juice or water, with no added sugar or salt.

30 grams of dried fruit (which is equivalent to around 80 grams of fresh fruit) counts as one portion. Dried fruit should be eaten at mealtimes, not as between-meal snacks, to reduce the risk of tooth decay.

### Some portions only count once per day:

150mL of fruit juice, vegetable juice, or smoothie. Crushing fruit and vegetables into juice and smoothies releases the sugars contained in the fruit and vegetables, which can cause damage to teeth.

80 grams of beans and pulses. These only count as one portion, no matter how many you eat. That's because, although they are a good source of fiber, they contain fewer nutrients than other fruits and vegetables.

## What Is A Portion?



One Apple



One Banana



Half a Grapefruit



Half an Avocado



Handful of Raspberries



Two Kiwi Fruit



Two Broccoli Trees



One large Carrot



One cup of Peas



Two cups of raw Spinach



Half a Bell Pepper



One cup of Green Beans

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## 52 Week Money Challenge

Keep saving! The holidays are sneaking up on us!

### AUGUST 2020

S	M	T	W	T	F	S	\$
26	27	28	29	30	31	01	\$31
02	03	04	05	06	07	08	\$32
09	10	11	12	13	14	15	\$33
16	17	18	19	20	21	22	\$34
23	24	25	26	27	28	29	\$35
30	31	01	02	03	04	05	\$36

Monthly Total: \$170

Grand Total: \$666

## 5 Reasons To Eat 5 A Day

1. Fruit and vegetables are a good source of vitamins and minerals, including folate, vitamin C and potassium.
2. They're an excellent source of dietary fiber, which can help to maintain a healthy gut and prevent constipation and other digestion problems. A diet high in fiber can also reduce your risk of bowel cancer.
3. They can help to reduce your risk of heart disease, stroke and some types of cancer.
4. Fruit and vegetables contribute to a healthy, balanced diet.
5. Fruit and vegetables taste delicious and there's so much variety to choose from.

**Coming Up** September: Behavior Change & Healthy Habits

Comments, questions, ideas, or submissions?  
Please email: [kara.a.aguilar@maine.gov](mailto:kara.a.aguilar@maine.gov)