



## 5 A Day Related Websites

1. Organic Fruits and Vegetables <http://www.about-vegetables.com>
2. Recipes, Nutrition Information, Selection Tips <http://www.aboutproduce.com>
3. Dole 5 A Day Program <http://www.dole5aday.com/>
4. Dole educational site [http://www.dole5aday.com/Kids/K\\_Index.html](http://www.dole5aday.com/Kids/K_Index.html)
5. National Cancer Institute (NCI) [http://www.pueblo.gsa.gov/cic\\_text/food/eating5-aday/297\\_five.html](http://www.pueblo.gsa.gov/cic_text/food/eating5-aday/297_five.html)
6. National Cancer Institute (NCI) <http://www.5aday.gov>
7. 5 A Day Recipes <http://www.5aday.gov/index-recipe.shtml>
8. Texas Cooperative Extension program <http://agrinet.tamu.edu/products/frt&veg.htm>
9. Food and Drug Administration (FDA) <http://www.parenthoodweb.com/Library/FDA-vegetables5.htm>
10. FDA raw fruits and vegetables <http://www.fda.gov/fdac/special/foodlabel/raw.html>
11. How to dry fruits and vegetables [http://www.allsands.com/Food/dryfruitsveget\\_di\\_qn.htm](http://www.allsands.com/Food/dryfruitsveget_di_qn.htm)
12. Fruits, Vegetables, and Herbs <http://www.produceoasis.com>
13. Food Safety <http://foodsafety.gov/~fsg/produce.html>
14. Safe Home Canning <http://www.extension.umn.edu/distribution/nutrition/DJ0516.html>
15. Produce for Better Health Foundation <http://www.5aday.com/>
16. California's 5 A Day <http://www.ca5aday.com/>
17. Frozen Fruits and Juices <http://www.healthyfood.org/sub/kids.html>
18. Recipes— drink your 5 A Day [http://www.findarticles.com/cf\\_dls/m0820/n246/20185729/p1/article.jhtml](http://www.findarticles.com/cf_dls/m0820/n246/20185729/p1/article.jhtml)
19. Centers for Disease Control <http://www.cdc.gov/nccdphp/dnpa/5aday/index.htm>
20. "USDA supports 5 A Day" fact sheet <http://www.usda.gov/cnpp/5ADAY/index.htm>
21. Choose Fruits and Vegetables <http://edis.ifas.ufl.edu/FY421>
22. Florida Department of Agriculture <http://www.florida-agriculture.com/commodities/>
23. Mayo clinic quick and healthy recipes <http://www.mayoclinic.com/invoke.cfm?objectid=C3E49458-ADC3-47D4-BC67C1926A041AC2>