The 2013 State Indicator Report on Fruits and Vegetables ranked Oklahoma adults and adolescents among the lowest for fruit and vegetable consumption. Fifty percent (50%) of Oklahoma adults reported consuming less than one serving of fruit per day! The USDA recommends at least 5 servings of fruits and veggies per day. Eating a variety of fruits and veggies provides many health benefits such as reducing your risk of some chronic diseases and helping to lower calorie intake.

All **OU employees** are encouraged to participate!

Record your progress on your CaféWell site online or you can get the CaféWell app for your iPhone or Android and record your servings from your smartphone!

The 5-A-Day Challenge begins Monday, March 2\(^{nd}\) and ends Friday, May 8\(^{th}\), 2015.

Consume at least 5 servings of fruits and veggies everyday. That’s it!

Join the challenge at [https://www.cafewell.com/challenges/ou-healthy-sooners-5-a-day-challenge](https://www.cafewell.com/challenges/ou-healthy-sooners-5-a-day-challenge) for a healthier Oklahoma, a healthier OU, and a healthier **YOU**!

Questions? Email **healthy-sooners@ouhsc.edu**.