

## **Healthful Holiday Eating**

This holiday season, many people will be giving their families the gift of good nutrition. One way they'll do this is by serving traditional foods from other countries and cultures, which use a variety of fruits and vegetables. The National Cancer Institute's 5 A Day Program encourages Americans to eat five servings of fruits and vegetables daily for good health. During the holidays, families can achieve this goal simply and deliciously. For a fun and flavorful way to add fruits and vegetables to your diet, consider such international dishes as: Paraguayan Squash Soup, Vietnamese Red and Green Cabbage Salad, a Cherokee corn and bean dish, African-inspired sweet potatoes and Italian fruit cobbler. These and other recipes can be found online at [www-5-a-day-dot-gov](http://www-5-a-day-dot-gov). To learn more about nutrition and cancer, call the Cancer Information Service at 1-800-4-CANCER.