"Jump Rope"

30 Seconds

(MUSIC UNDER)

ANNCR VO: You used to have someone who took care of you.

Made sure you got your five servings of fruits and vegetables every day.

Now it's up to you.

Add fresh fruit to breakfast.

Snack on something easy

and delicious.

Or, take a salad and dress it up.

Eat 5 a Day

and raise your energy to new heights.

You'll feel good about yourself.

Sponsored by the
California Department of Health Services

EAT 5 A DAY for better health

(MUSIC OUT)