



# Day Six

Give yourself the gift of fiber, vitamins and minerals. **Enjoy 6 servings of veggies/fruit today.**

Sugar and spice may sound nice, but vegetables and fruit are the real loot! Not only do they contain vitamins, minerals and dietary fiber, they are also generally low in fat and calories. Enjoy 6 servings each day, and feel good enough to dance the night away!



cheers!