



Eating right
and being active...
It's as easy as



54321 Go! ★

5

servings of fruits and vegetables a day

Fruit-full snack ideas

- Apple and cheese slices make a fantastic snack pairing.
- Boost the nutrition power of popsicles by making your own with whole fruit. Simply puree berries, bananas, applesauce, or other fruit in a blender and pour into a cup or popsicle mold. Add popsicle sticks, freeze, and enjoy.
- Dip grapes, strawberries, an apple or pear slices in low-fat fruit-flavored yogurt for an extra fruity kick.
- Make a smoothie using bananas, berries, or other fruits.
- Mix up your own trail mix with a combo of dried fruits and nuts.
- And don't forget some veggie snacks:
- Make "Ants on a Log": Spread cream cheese or peanut butter inside a celery stick and top with raisins.
- Broaden your veggie horizons-carrots and celery aren't the end-all-be-all. Try broccoli and cauliflower florets, bell pepper strips, cucumber slices, cherry or grape tomatoes, and radishes.

HELP!

My kids won't eat veggies.

Following these tips may help your reluctant eater branch out a bit.

- Offer vegetables often. Research shows that children need to be exposed to a new food item as many as two dozen times before they accept it.
- Don't let mealtimes turn into a power struggle over veggies. Offer veggies but don't force your child to eat them. *(However, let your child choose from what you've offered - and only what you've offered. Don't become a short-order cook.)*
- Model vegetable eating. Your child is unlikely to learn to like vegetables if they never see you eating vegetables.
- Make vegetables fun-tell stories about the "broccoli trees" and the "cauliflower forest."
- Sneak vegetables into other foods - add grated carrots, zucchini, or other vegetables to spaghetti sauce or meatloaf.

Is fresh produce my only option?

Absolutely not! You can choose frozen or canned fruits and vegetables in addition to fresh produce. Frozen fruits and vegetables contain just as many nutrients as fresh produce. Canned fruits and vegetables count too-but these often contain added sugar and salt. Choose fruits that are canned in water or juice rather than syrup, and choose "low sodium" canned vegetables or those with "no added salt".



A rainbow on my plate: colors count

By choosing to eat a variety of colors of fruits and vegetables, you can ensure that you're getting the wide range of vitamins, minerals, and fiber your body needs to stay healthy. The different natural pigments that give produce its color also provide a variety of health benefits. Colorful fruits and veggies can also get your child involved in mealtimes - have your child help you come up with the fruits and veggies you'll need to make a rainbow on your plate!

Red fruits & vegetables

Red fruits and vegetables can protect cells from damage, reduce risk of cancer, and assist in maintaining a healthy heart.

Try red apples, beets, red cabbage, cherries, cranberries, pink grapefruit, red grapes, red peppers, red potatoes, radishes, raspberries, strawberries, tomatoes, and watermelon.

Orange & yellow fruits & vegetables

Orange and yellow fruits and vegetables can protect the eyes and heart, reduce the risk of cancer, and improve immune system function.

Try apricots, butternut squash, cantaloupe, carrots, lemons, mangoes, nectarines, oranges, papayas, peaches, pears, yellow peppers, pineapple, pumpkin, yellow squash, sweet corn, and sweet potatoes.

Green fruits & vegetables

Green fruits and vegetables can protect the eyes, and reduce the risk of birth defects and cancer.

Try asparagus, avocados, green beans, broccoli, cabbage, cucumbers, honeydew, kiwi, lettuce, limes, peas, green peppers, spinach, and zucchini.

Blue & purple fruits & vegetables

Blue and purple fruits and vegetables can protect cells from damage and reduce the risk of cancer, stroke, and heart disease.

Try blackberries, blueberries, eggplant, plums, purple grapes, and raisins.

White fruits & vegetables

White fruits and vegetables can reduce the risk of some cancers and heart disease.

Try bananas, cauliflower, garlic, mushrooms, onions, parsnips, potatoes, and turnips.

I'm running out of ideas for serving fruits and veggies...

- Add veggies to pre-packaged meals and pasta salads.
- Keep a variety of frozen veggies on hand and quickly microwave one or two different kinds to serve as a side with a meal.
- Make a gelatin salad with lots of added canned or fresh fruits.
- Serve a tossed salad with your meal. Add green peas, bell peppers, tomatoes, radishes, sliced celery, or cabbage for an extra punch of crunch - and nutrition!
- Have fruit as your dessert. Add some cinnamon imperials to warm applesauce for a warm cinnamon dessert-or put together a quick fruit crisp with an oatmeal topping.
- Try coleslaw, Waldorf salad, or potato salad to mix your side dishes up a bit.

5 servings of fruits and vegetables a day

4 servings of water a day

3 servings of low-fat dairy a day

2 hours or less of screen time a day

1 hour or more of physical activity a day

Go! 



Teach a Kid
to Fish

Creating community solutions for children's health