

Eat a Rainbow of Fruits & Veggies

Red - strawberry, watermelon, apple, cherry, cranberry, raspberry, red pepper, red onion, tomato

Yellow/Orange - orange, apricot, mango, nectarine, peach, tangerine, squash, carrot, yellow pepper, pumpkin, corn, sweet potato, cantaloupe, pineapple

White - banana, cauliflower, jicama, mushroom, onion, white potato, shallot, turnip

Green - apple, grape, kiwi, pepper, asparagus, broccoli, green bean, okra, pea, celery, zucchini, cabbage, cucumber, lettuce, spinach, turnip/collard/mustard greens, honeydew

Blue/Purple - blackberry, blueberry, plum, fig, grape, raisin, purple cabbage, eggplant, dried plum

What is a Serving?

A serving of **fruit** equals:

1 medium piece of fruit

3/4 cup (6 oz) of juice

1/4 cup of dried fruit

1/2 c of canned* or frozen fruit

*fruit should be canned in own juices

A serving of **vegetables** equals:

1/2 cup of chopped raw or cooked vegetables

1 cup of raw leafy vegetables



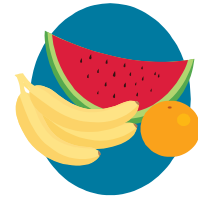
Get your children involved! Teach them how to plan, shop, & prepare for meals & snacks using fruits & vegetables...then let them help out!



Be a positive role model!
Make sure your child sees you eating fruits & veggies. Make positive comments as you serve and eat fruits & veggies.

Fruits & Vegetables provide nutrients such as Vitamin A and C, fiber, and folic acid. Try to eat fruits & vegetables that are different colors to get all the nutrients your body needs to stay healthy!

Healthy Tips



- Fresh, canned, & frozen fruit are all healthy choices. Remember to buy canned fruit that only contains fruit juice, not syrup.
- Many fruit drinks and juices contain added sugar. The best choice is 100% fruit juice. Because of the sugar content, even 100% fruit juice should be limited to 3/4 cup (6 oz) per day. Instead of drinking juice, eat the fruit instead!
- Make fruits & veggies available! Store washed & cut up veggies in the fridge where children can see them. Display a bowl of fresh fruit on the counter. Keep single servings of dried or canned fruit easily accessible for a snack at home or on-the-go.
- Add fruits & veggies to your family's favorites! Offer sliced bananas with cereal. Add chopped veggies or pineapple to pizza. Add carrot slices to chicken noodle soup. Add frozen &/or chopped veggies to casseroles, meatballs, & omelets. Puree veggies & add to spaghetti sauce, chili, or stews.
- Introduce a new vegetable (along with a familiar one) when your child is hungry. Encourage him to try at least one bite. Don't make a big deal about it if he declines. Offer the food again the next time you prepare it. Remember, a child may have to see & try a new vegetable as many as 10 times before accepting it.



Delicious ways to enjoy Fruits & Vegetables

Frozen Grapes: Wash, dry, & freeze grapes for a refreshing snack at home or on-the-go.

Create-a-Salad: Build a custom salad by adding your favorite fruit & veggie toppings to leafy greens: mandarin oranges, dried cranberries, carrot sticks, cucumbers, broccoli, peppers, tomatoes, celery.

Fruit Smoothie: Start with your favorite frozen fruit. Add some low-fat yogurt and milk and blend away!

PB & Banana: A twist on the traditional peanut butter & jelly - instead of the jelly, slice a banana on your sandwich.

Chilly Banana - Peel a banana & cut in half. Insert a popsicle stick in the center. Wrap a banana in foil & freeze. Enjoy frozen banana plain or with 1 teaspoon of peanut butter.

Caterpillar Crawl - Fill a celery stalk with 1 teaspoon peanut butter & add several raisins for the body. Add cut up carrot sticks for the antennae.

Rainbow Fruit Salad - Make a colorful fruit salad with all of the children's favorite fruits (fresh and/or canned) that they picked out at the supermarket.

Fruit Parfait - Stir low-fat or fat-free granola into a bowl of low-fat or fat-free yogurt. Top with fresh or frozen berries.