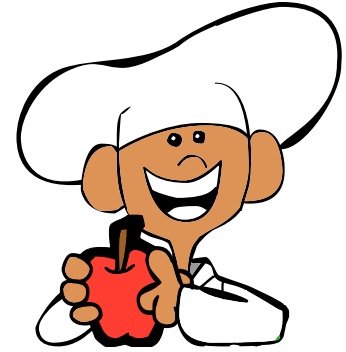


Increase Your Fruits and Vegetables

Kids may be getting enough calories which give them energy to function throughout the day, but they need more than just calories. Kids and adults need nutrient dense foods; foods that are high in vitamins and minerals. Fruits and vegetables are very rich in nutrients. Here is a list of specific strategies to get the kids and family eating more!



Increasing Fruits Consumption Throughout the Day

Fruit juice makes up about 40% of the average child's fruit intake. Giving fruit juice may seem like an easy way to get your child to get their fruit intake; but, fruit juice is very high in sugar and calories. The ADA recommends that children drink only one 6-ounce glass of 100% fruit juice a day as part of their fruit intake.

Here are some ways to increase your child's fruit intake throughout the day:

- ◆ Start their morning with fresh fruits every day
- ◆ Add fresh fruits to cereals at breakfast time
- ◆ If your child likes fruit juice, then limit them to one glass a day of 100% fresh fruit juice
- ◆ For children who drink a lot of fruit juice, you can start by cutting the juice with some water and slowly decrease their amount to once a day
- ◆ Mix up their choices, fruits come fresh, frozen and canned. Read the labels and avoid canned fruits that have "added sugar". Fruit comes naturally sweetened and does not need more sugar
- ◆ Avoid canned fruit that is packed in "heavy syrup". Instead look for canned fruits that are packed in their own fruit juice
- ◆ Include some type of fruit at each meal, even a few grapes in a baggie for lunchtime or snack time
- ◆ Keep some fresh fruit cut up in the refrigerator at eye level and ready for a quick snack
- ◆ Use fresh or frozen whole fruits to jazz up their smoothie
- ◆ Look for fruit in season for better prices
- ◆ A handful of dried fruit makes a great snack and is packed with nutrition



Increase Your Fruits and Vegetables

- ◆ Fruit is a tasty dessert. But if the kids balk at this, try adding some fruit to their favorite desserts

Increasing Vegetable Consumption Throughout the Day

You may be surprised to learn that in the United States french fries is the most common vegetable eaten by kids. Unfortunately, french fries are not a very healthy choice as their main source of vegetables.

Here are some tips to help you move vegetables front and center in your child's daily meal.

- ❖ Keep vegetables in bite size on the table in plain view
- ❖ Try adding some cut up vegetables with a dip for a dinnertime
- ❖ Have some crunchy vegetables in a baggie for on the go snacks
- ❖ Pair vegetables with foods that your child enjoys. Sometimes being a little creative with the vegetables peaks their interest
- ❖ Mix up some greens with their baked potato, noodles or rice
- ❖ Have the kids help make a salad and then give it a special name and let them proudly serve it
- ❖ Add vegetables to pasta sauces
- ❖ Add vegetables to soups, beans and casserole dishes
- ❖ Try to always have at least one or two vegetables at dinner time
- ❖ Green leafy vegetables are very rich in nutrients, try different green leafy vegetables in salads, sautéed or steamed
- ❖ Encourage your child to be color their plate with their vegetables, they come in so many colors and can be cut in different fun shapes

