



# FRUITS AND VEGETABLES

## Eat five or more servings for health

Fruits and vegetables are full of vitamins, minerals, and fiber. A diet high in fruits and vegetables can help kids grow and fight illness. It also protects against heart disease, stroke, high blood pressure, and some cancers. The fiber and water in fruits and vegetables also help you to feel full.

## HOW TO BOOST FRUITS AND VEGETABLES IN YOUR FAMILY'S DIET

Parents have the most control over what children eat—or at least what foods they can choose from. You play a key role in modeling healthy eating habits. Kids notice the food you buy and meals and snacks you prepare. Try these simple ways to help your kids learn to enjoy fruits and vegetables.

### TIPS FOR SUCCESS



- **Introduce fruits and veggies early** in life. Start serving new foods during infancy and the toddler years.
- **Serve fruits and veggies often** to kids. Repetition is the key, so don't give up!
- **Be prepared.** Keep a supply of cut up fruits and veggies in the refrigerator for snack. Store them in clear containers at eye level.
- **Serve a vegetable or fruit at every meal** and snack time. Don't forget foods sent to school.
- **Try canned fruits and veggies.** They cost less and are easy to store. Fruit should be canned in 100% juice, and look for canned vegetables that are low in salt.
- **Enjoy frozen fruits and veggies.** They are low in price and easy to prepare.
- **Try dried fruits without added sugar.** Raisins, apricots, or pineapple are good choices.
- **Add extra veggies** to foods that you make from scratch or to prepared foods.
- **Limit juice.** Serving 100% juice doesn't substitute for whole fruit. Limit 100% juice to 4 ounces per day.
- **Serve fruit for snacks and dessert**—try blending frozen fruit into shakes.
- **Plant a family garden** in your backyard or on your window sill. Kids are more likely to try new foods if they help grow and prepare them.

For more information, check out [www.ymca.net/healthy-family-home/eat-healthy.html](http://www.ymca.net/healthy-family-home/eat-healthy.html) or [www.hsph.harvard.edu/nutritionsource/fruits.html](http://www.hsph.harvard.edu/nutritionsource/fruits.html).