

Healthy Kids Eat 5 A Day

Eating five servings of fruits and vegetables every day is good for you and your children. To be a good role model for your children you need to eat fruits and vegetables, too.

Why are fruits and vegetables so important?

It is a good idea to serve your family different fruits and vegetables for several reasons:



They are high in vitamins and minerals



Good sources of fiber



Low in fat and calories



Many kids like fruits and vegetables because they are colorful, crunchy and fun to eat!

If your child does not like a certain vegetable, wait a while and offer it again. Sometimes you'll need to offer a vegetable many times before your child will learn to like it. Be patient and try again.

What's a serving size?

- 1 medium fruit, such as an apple or orange
- ½ cup fruit or vegetable juice
- ½ cup cut-up vegetables or fruit
- 1 cup raw leafy vegetables

Help kids to eat more fruits and vegetables!

- Put vegetables into foods your child likes:



shredded carrot into spaghetti sauce



pizza topped with sliced peppers and fresh tomatoes

- Add vegetables to sandwiches: sliced tomato and cucumber, chopped green pepper to tuna salad.
- Top cereal or yogurt with fresh, frozen or canned fruit.
- Pack apples, raisins, or carrot in school box lunches.
- Keep a bowl of fruit in the refrigerator or on the kitchen counter for snacks.
- Serve salad or cut vegetables with dips.
- Let children help you shop for fruits and vegetables.
- Let children help prepare fruits and vegetables.
- Plant a garden and let children help work in it and pick vegetables when they are ripe
- Freeze blended fruit as juice bars. Add fruit to Jell-O and to milk shakes.

For more information, contact



Tri-County Health Department

Serving Adams, Arapahoe and Douglas Counties

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