



LOAD UP ON FRUITS AND VEGGIES

The benefits of eating more fruits and vegetables go far beyond helping to maintain a healthy weight. Think about better skin, fewer wrinkles, healthier teeth and gums and lower risk of diseases. As parents, we can play a big role in helping our families load up on vitamin-packed fruits and vegetables — by serving more at home, increasing the variety and quantity available and setting a good example by eating them ourselves. Try these creative ideas to boost fruit and veggie consumption at your house.

Getting Healthy Together

- 1 Try making smoothies or slushes.** Blend ice with fruit and some yogurt or a little low-fat milk, and your kids can “drink their fruit.” You can even sneak in some carrots for a delicious breakfast beverage.
- 2 Put some grapes or bananas in the freezer to make fruit more fun.** These cold, healthy treats can be eaten like popsicles!
- 3 Serve raw veggies with ranch dip or some salsa to add a little zip.** Your family will love these crunchy treats packed with zesty flavor. Keep carrots in a glass of water to keep them crisp and ready for a fast snack. Add veggies or fruit to the baked goods your family already loves. Blueberry pancakes and carrot muffins are always a big hit — and healthy, too!
- 4 Serve your soups, stews and sauces with extra veggies.** Sneak them in, shredded or cooked, and your family will get a healthy bonus. They may not even notice the difference.
- 5 Get fruity with your peanut butter!** Serve apple slices or grapes with peanut butter, or try a peanut butter and banana sandwich.

EATING OUT TIPS

- Trade the fries for a healthier option like sliced apples or a salad.
- Order a kids’ meal for smaller portions, and resist the urge to super size!

Conversation Starters

What’s your favorite fruit?

What’s your favorite vegetable?

Did you know carrots can actually
improve your night vision?

ACTION FOR
HEALTHY
KIDS 