

Fact Sheet for **Kids** GROWING UP HEALTHY



5 or more fruits and vegetables • 2 hours or less of screen time • 1 hour of physical activity • Almost no sugary beverages

Did you know that...

Citrus fruits are the most widely grown crops in the entire world? Strawberries are grown in every state in the U.S. and every province in Canada? A serving of fruit is $\frac{1}{2}$ cup chopped fruit, $\frac{1}{4}$ cup dry fruit, 1 medium fruit, or $\frac{1}{2}$ cup fruit juice? Or that a serving of vegetables is 1 cup leafy greens, $\frac{1}{2}$ cup chopped raw or cooked vegetables, or $\frac{1}{2}$ cup vegetable juice?



Strive to eat **FIVE** or more servings of fruits and vegetables per day!

You know that fruits and vegetables are good for you, but do you know why? Naturally low in calories and fat, fruits and vegetables are also full of water and fiber—so they fill us up and help us digest food. What's more, the phytochemicals (fight-o-chemicals), vitamins, and minerals in fruits and vegetables work together with fiber to keep you healthy. Phytochemicals are what give fruits and vegetables their colors, so that's why it's important to eat lots of colorful produce every day.

See how colorful you can make your plate!

What are some fruits and vegetables you can think of in every color?



Right-on red! Try red peppers, red onions, beets, red cabbage, kidney beans, apples, pink grapefruit, red grapes, strawberries, cherries, watermelon, raspberries, cranberries, pomegranates, tomatoes, spaghetti sauce, tomato juice, and tomato soup.



Yahoo for yellow-orange! Try carrots, summer squash, corn, sweet potatoes, butternut squash, pumpkin, yellow peppers, rutabagas, cantaloupe, grapefruit, lemons, nectarines, oranges, peaches, pineapples, tangerines, apricots, mangoes, and papayas.



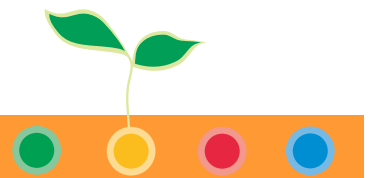
Go-get 'em green! Try leafy greens, asparagus, green peppers, broccoli, green beans, peas, cabbage, green onion, brussels sprouts, okra, zucchini, green apples, green grapes, honeydew melon, kiwifruit, and limes.



Blast off with blue and purple! Try eggplant, purple grapes, plums, raisins, blueberries, blackberries, purple figs, dried plums, and black currants.



Wild for whites! Try cauliflower, mushrooms, white beans, onions, garlic, parsnips, shallots, turnips, ginger, jicama, bananas, and pears.



Are canned or frozen fruits and vegetables as healthy as fresh ones?

Yes! Most frozen, canned, and dried fruits or vegetables can be as nutritious as fresh produce. In some cases, when produce is frozen immediately after it's harvested, it can have more nutrients than fresh. So don't worry about your kids snacking on a small amount of dried fruit or heating up frozen veggies for dinner. They are all good choices and count towards the recommended five servings a day. When you do choose frozen, canned, or dried products, though, try to choose those without added sugars, sauces, or seasonings.

Get your fruits and vegetables even when you're on the run!

If you make the right choices, you can even get fruits and vegetables at a fast food restaurant! Instead of burgers and fries, try salads with grilled chicken, low-fat fruit and yogurt parfait, or apple-dippers with low-fat caramel dip.

Tips to fill your diet with fruits and vegetables

- 🍏 Include two fruits or vegetables in every meal.
- 🍏 Add vegetables like broccoli, peppers, or tomatoes to your eggs or omelettes. Try tomato slices on your breakfast bagel.
- 🍏 Add berries, bananas, or other brightly colored fruits to cereal, pancakes, or waffles.
- 🍏 Pile veggies on your pizza—the possibilities are endless...sliced tomato, mushrooms, onions, peppers, broccoli, and spinach. Sometimes you can even get pineapple on your pizza, yum!
- 🍏 Instead of plain salad (BORING!), add color and flavor with chopped apples, raisins, or mandarin oranges.
- 🍏 Order your sandwiches with lettuce, tomato, peppers, onions, or sprouts—or maybe with all of the above!
- 🍏 Chop up fruits and vegetables and store them in the fridge so they're ready to eat.
- 🍏 Ask your parents to buy the fruits and vegetables you like so when you feel munchy, you've got plenty of options. Try a new fruit or vegetable every week!
- 🍏 Try peanut butter, low-fat dips and dressings, or low-fat cheese along with fruits and veggies.
- 🍏 Blend your favorite fruit with milk or frozen yogurt to make a smoothie.