

## Eat 5 servings of fruits and vegetables per day

An article from the American Journal of Preventive Medicine states that diets abundant in fruits and vegetables are associated with a reduced risk for chronic disease. The 2010 Dietary Guidelines recommends eating 5 servings of a **variety** of fruits and vegetables each day.

### ***Why should kids eat more fruits and vegetables?***

- Fruits and vegetables are low in calories and a good source of vitamins, minerals, antioxidants and fiber
- Optimizes healthy growth and development
- Prevents chronic disease
- Prevents tooth decay
- Displaces eating of less nutritious foods that contribute to unhealthy weight gain

## Tips to Increase Fruit & Vegetable Consumption

- Plan meals around a fruit or vegetable rather than around the meat/grain
- Keep pre-cut fruits and vegetables in the refrigerator that are easy to grab on the go
- Stock up on frozen vegetable mixes for quick meals- great to incorporate into soups, casseroles and pasta dishes
- Buy fresh fruits and vegetables when in season. If possible, buy them from the farmer's market, they cost less and taste better
- Encourage kids to drink less juice and eat whole fruits
- A box of berries, grapes, clementines, carrot sticks or some red/green peppers make quick "five a day" snacks

***\*\*\*Encourage kids to taste the rainbow: you can put up a chart in your kitchen for your younger children to keep track of the colors they eat each day, make it fun!***