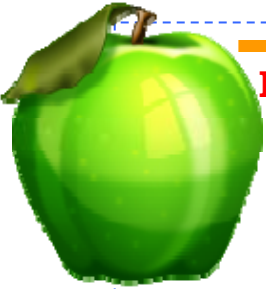




The Children's Hospital

Eat More Fruits and Veggies



Kids should eat 5 or more servings of fruits and vegetables a day.

Have one fruit or vegetable with each meal.

If your child does not like fruits and veggies, keep exposing them to the healthy foods. Sooner or later they might change their minds.

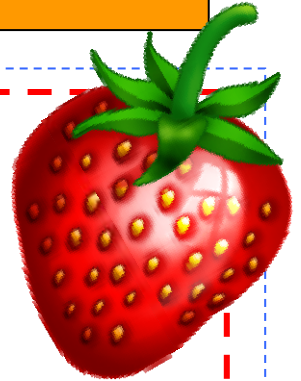


Eat a Rainbow!

Fruits and veggies are low in calories, and are packed with fiber, vitamins and minerals!

Easy ways to include more fruits and veggies in your diet:

- Add tomatoes, onions, or peppers to scrambled eggs
- Add fresh fruit slices to a healthy cereal
- Freeze grapes for a yummy snack
- Have fruit and low fat yogurt for dessert



5 tips for motivating kids to eat more fruits and veggies:

1. **Make fruits and veggies fun!** Make smiles out of fruits and veggies on your child's plate.
2. **Add fruits and veggies to favorite foods.** Be creative.
3. **Set a good example.** Your kids look up to you.
4. **Stock up!** Have fruits and vegetables available so that they can be easily prepared.
5. **Let kids make decisions.** Give several options so they can learn to make healthy choices.

