



Eat More Fruits and Veggies

Fruits and veggies are low in calories and packed with fiber, vitamins and minerals. In fact, kids should eat **five or more servings** of fruit and vegetables **every day**. Even if your kids don't like them, keep trying. Who knows? They might change their mind.

Need help? Here's how to get started:

Work them into every meal

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

Make it fun

- Make faces out of fruits and veggies on your child's plate.
- Let your kids choose. Offering a few options teaches them healthy choices.
- Add fruits and veggies to your favorite foods.

Set a good example

- Eat fruits and veggies with your kids at every meal.
- Keep lots of fruits and veggies on hand so they're there when you need them.

