

Eat More Fruit and Vegetables – Winter 2007

The new food pyramid developed by the USDA recommends that the average 9 - 13 year old child eat 1 1/2 cups fruit and 2 - 2 1/2 cups vegetables per day. Unfortunately, the average American child eats significantly less fruit and vegetables than recommended. When children increase their intake of fruits and vegetables, not only do they increase valuable vitamins and nutrients, but they decrease their appetite for more fattening, empty calorie snacks.

How can you get your child to eat enough fruits and vegetables?

- **Breakfast** - top cereal or yogurt with sliced banana or berries
- **Lunch** - add a piece of fruit and carrot sticks
- **After School Snack** - try raw vegetable slices dipped in low fat dressing or peanut butter / cream cheese on celery
- **Dinner** - make sure to serve a green salad and vegetable your child likes
- **Nighttime Snack** - try yogurt topped with fruit or a fruit smoothie

Other fruit and vegetable snack ideas:

- Keep ziplock in fridge with sliced red /green peppers, cucumbers, carrots and broccoli florets for easy snacking. Serve with low fat dressing if kids prefer.
- Baby carrots and grape/cherry tomatoes make quick, healthy snacks.
- Peanut butter makes a great dip for banana and apple slices.
- Keep a variety of fresh fruit and berries for a sweet treat.