

5 SERVINGS OF FRUIT & VEGETABLES!

Eat The Rainbow Every Day

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We've heard it all before, "Eat your vegetables!" Fruits and vegetables are full of vitamins and minerals that our body needs to stay healthy and create energy. Besides being good for you, fruits and vegetables can actually be quite filling. Fiber rich foods fill you up and help your digestive system.

It can be challenging to make sure we're eating enough of them when they aren't on your families list of favorite foods. With a little creativity, you can make it much easier to include fruits and vegetables with every meal.

Tips for Children

1. **Eat the rainbow!** Choose a variety of color-rich veggies and fruits to get a broad range of nutrients. Try making a tropical rainbow fruit salad. Help your parents fill the shopping cart with every color.
2. **Try a new vegetable or fruit every week.** Keep a list of the fruits or vegetables that you'd like Mom and Dad to keep buying.
3. **Start with breakfast.** Enjoy some sliced up fruit in your cereal or on your pancakes. Ask your parents to make a rainbow omelet or sweet potato home fries on the weekends.
4. **Grow a garden.** Ask your family to help you grow your own favorite fruits and vegetables at home. Even if you don't have a yard, you can grow many plants in a pot.

Tips for Parents

1. **Stock up on frozen fruits and veggies.** They can be as healthy as the fresh stuff and only take minutes to prepare. Try tossing frozen berries in the blender with milk and ice for a quick smoothie.
2. **Keep fresh fruits and veggies cut up in your refrigerator.** They make a great on-the-go snack and can be paired up with some yogurt dip or hummus to grab anytime.
3. **Keep fruit visible.** Provide a bowl of whole fruit on your table or counter for your kids to grab when they need a snack.

4. **Stick with it.** It may take repeated attempts for your child to try new foods, but the more you offer it to them, the more likely they will be to taste it.
5. **Be a role model.** Your children should see you eating your fruits and vegetables too! Make an effort to include fruits and vegetables with each meal.

Local Resources

Manchester Community College Farmer's Market
<http://www.mcc.commnet.edu/business/farmers/>

Central CT Co-Op
<http://www.cccfeeds.com/>

Other Resources

Kid-Friendly Veggies and Fruits (ChooseMyPlate.org)
<http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet11KidFriendlyVeggiesAndFruits.pdf>

Add More Vegetables to Your Day (ChooseMyPlate.org)
<http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet2AddMoreVegetables.pdf>

Focus on Fruits
<http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet3FocusOnFruits.pdf>

Fruit and Veggies: More Matters
www.fruitsandveggiesmorematters.org

Kids Gardening: Helping Young Minds Grow
www.kidsgardening.org

Apps for Healthy Kids
<http://appsforhealthykids.com/>