

Fruits and vegetables provide nutrients that are essential to children's physical, mental and emotional growth

THE FACTS...

According to the USDA, over half of all elementary school-age children eat no fruit on any given day and three out of 10 eat less than one serving of vegetables a day.

WHAT'S SO GREAT ABOUT FRUITS AND VEGGIES?

- Fruits contain nutrients such as vitamin A, vitamin C, potassium and fiber, which may reduce the risk of diseases such as cancer, type 2 diabetes. heart disease.
- Vegetables provide important nutrients such as vitamin A, vitamin C, folic acid potassium, and fiber.

Vitamin A prevents night blindness, fights infection.

Sources include cantaloupe, mango, papaya, carrots, apricots, spinach, peaches, pumpkin, sweet potatoes and nectarines

Vitamin C heals cuts, keeps skin healthy, fights infections and colds, and helps body absorb iron from food.

Sources include oranges, grapefruit, lemons, limes, strawberries, cantaloupe, melons, peppers and 100% tomato juice.

Potassium may lower blood pressure, may reduce the risk of kidney stones

Sources include bananas, sweet potatoes, white potatoes, dried peaches, dried apricots, dried beans, cantaloupe, winter squash, tomato products (paste, sauce and juice) and orange juice.

HOW MUCH IS ENOUGH?

The exact amount you need may vary but you should aim for 2 servings of fruit and 2 ½ servings of vegetables.

Examples of one serving of **fruit**:

- 1 apple, orange or banana
- ½ cup of fresh, frozen or canned fruit
- ¼ cup of dried fruit, ¾ cup of 100% fruit juice

Example of one serving of **vegetables**:

- ½ cup raw non-leafy or cooked vegetables
- 1 cup raw leafy vegetables

SOME TIPS...

More color! *Different colors* of fruits and vegetables represent different kinds and amounts of nutrients so be sure to include as many as you can into your diet. This food group can easily be incorporated into meals: toss some sliced apples or pears into a salad, try fresh berries in plain yogurt, include broccoli or peppers into pasta dishes, or spinach and mushroom into omelets.