



# Healthy & Fit Families.

## Eat more fruits and veggies!

There are some simple things a family can do that can have a big impact on health. Eating more fruits and vegetables is one of those simple things. Everyone in your family needs to eat fruits and vegetables at every meal and snack.

### Quick and Easy Snacks

- Apple slices with peanut butter.
- Carrots and hummus.
- Vegetable soup.
- Canned fruit packed in juice.
- Fresh fruit in season – peaches in summer, oranges in winter.
- Celery stuffed with peanut butter.
- Frozen fruit (look for store specials).
- Trail mix made with dried fruit and whole grain cereal.
- Keep cut-up veggies in the frig – try carrots, celery, cucumber and peppers.

### Simple Ways to Eat More

- Add chopped broccoli, shredded carrots or frozen mixed vegetables to cooked rice, ramen noodles or pasta.
- Serve soups for lunch or dinner – tomato, bean, minestrone are good choices.
- Add bananas or raisins to cold cereal.
- Serve fruit for dessert – canned, fresh, or frozen.
- Add vegetables to sandwiches.
- Add grated vegetables to chili or meatloaf.

### Tips for Success

Keep offering new vegetables. It can take more than 10 tries for kids to like a food. Let your kids help plan meals and prepare the fruits and vegetables. Be a good role model and let your kids see you eating your fruits and veggies.

### Take the Family CHALLENGE... Eat Fruits & Vegetables Every Day

Mark (X) the actions you will do so you and your children can eat more fruits & vegetables this month.

- Serve fruit and vegetables, instead of candy or chips, for snacks.
- Enjoy fruit for dessert.
- Serve an orange vegetable at dinner like carrots or sweet potatoes every week.
- Offer a green vegetable like greens, cabbage or broccoli every week.

For more information visit [www.nutritioncouncil.org](http://www.nutritioncouncil.org)

