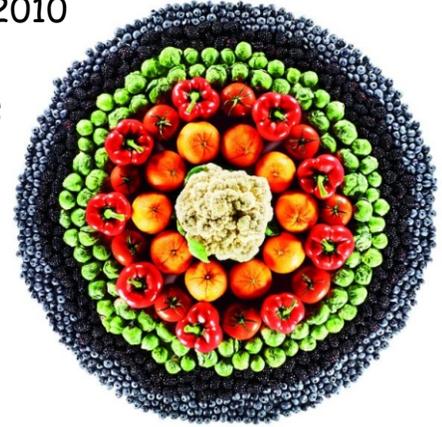




# CHOOSING MORE FRUITS AND VEGETABLES

Early Childhood Dining Program

The Dietary Guidelines for Americans 2010 recommend you make  $\frac{1}{2}$  of your plate fruits & vegetables



*It's as easy as picking a variety of colors:*  
Red/yellow/orange/green/blue/purple or white

Here are just a few:

**RED:** strawberries, raspberries, cherries, watermelon, tomatoes, beets, peppers

**WHITE:** bananas, apples, pears, potatoes, onions, jicama, turnips, cauliflower

**BLUE:** blueberries, blackberries, eggplant

**GREEN:** grapes, honeydew melon, kiwis, broccoli, peas, green beans, asparagus, avocados, spinach

**ORANGE:** oranges, apricots, peaches, mangoes, carrots, sweet potatoes, pumpkin

**YELLOW:** pineapple, corn, squash



## HEALTH BENEFITS OF FRUITS AND VEGETABLES

- Supply fiber rich dense food
- Provide daily source of vitamins and minerals
- Contain phytochemicals especially antioxidants
- Low in calories and fats

## SELECTION OF VEGETABLES

- Go for organic farm vegetables (farmers markets are great) if possible
- Buy small quantities for maximum freshness
- Buy vegetables that feature freshness & bright color
- They may feel heavy in your hand
- Look for blemishes, spots, or mold - but do NOT purchase these ones



## SNACKS ARE A GOOD WAY TO BOOST YOUR CHILD'S NUTRITION

Snacks are a great way to help your child get the good nutrition they need. Young children can't eat enough at one meal to last them until the next scheduled meal. Their small digestive systems require snacks in between meals to help them get the energy and nutrients they need to grow and develop. Fruits and vegetables are a great snack choice.



### WAYS TO ENJOY MORE FRUITS AND VEGETABLES

- Make it fun, and let them help prepare the food
- Make a breakfast smoothie with low-fat milk and fruit
- Make a veggie wrap with roasted vegetables and low fat cheese rolled in a whole wheat tortilla
- Try crunchy vegetables with low fat dressing instead of chips
- Keep cut veggies in the fridge for easy snacking
- Keep a bowl of fruit on the counter
- Top baked potatoes with homemade salsa
- Add fruit to cereal, yogurt or toaster waffle
- Try a new fruit when it is in season
- Stuff an omelet with vegetables

#### Fun Dip Ideas!!

- Dip whole wheat pita wedges in hummus
- Dip baked tortilla chips in salsa
- Dip strawberries or apple slices in low fat yogurt
- Dip graham crackers in applesauce

Resource: [www.choosemyplate.gov](http://www.choosemyplate.gov) Eat Right Academy of Nutrition and Dietetics

## Frozen Fruit Bark



### Ingredients:

- 2 Clementines, *peeled and chopped*
- 2 Kiwis, *peeled and chopped*
- 2 cups plain Greek 2% yogurt
- 1/3 cup honey
- 1 tsp vanilla

### Directions:

- Line 13" x 9" metal baking pan with parchment paper; set aside.
- Stir together yogurt, honey and vanilla.
- Spread evenly in bottom of pan to 1/4" thickness.
- Sprinkle clementines and kiwis over top.
- Freeze for 4 to 6 hours or until completely frozen.
- To serve, break into shards.

*(Optional: Add 1/2 cup toasted chopped almonds to bark before freezing)*



This frozen treat makes a great finish to a meal or stands alone as a healthy light snack