

# 5

## Eat at least five fruits & vegetables a day.

### 5210 Every Day!

- 5 or more servings of fruits & vegetables
- 2 hours or less recreational screen time
- 1 hour or more of physical activity
- 0 sugary drinks, more water & low fat milk

A diet rich in fruits and vegetables provides vitamins and minerals, important for supporting growth and development, and for optimal immune function. Most fruits and vegetables are low in calories and fat, making them a healthy choice anytime. They may also contain phytochemicals (fight-o-chemicals) that work together with fiber to benefit your health in many ways. Different phytochemicals are found in different fruits based on their color—that's why it's important to put a rainbow on your plate.

### TRY IT!

- ★ Try the three bite rule. Offer new fruits and veggies different ways and try at least three bites each time—it can take 7 to 10 tries before you like a new food.
- ★ Many fruits and veggies taste great with a dip or dressing. Try a low fat salad dressing with yogurt or get protein with peanut butter.
- ★ Make a fruit smoothie with low fat yogurt.

### MIX IT!

- ★ Add them to foods you already make, like pasta, soups, casseroles, pizza, rice, etc.
- ★ Add fruit to your cereal, pancakes, or other breakfast foods.
- ★ Be a good role model for your family and have at least one veggie at every meal.

### SLICE IT!

- ★ Wash and chop veggies and fruits so they are ready to grab and eat.
- ★ Most people prefer crunchy foods over mushy ones. Enjoy them fresh or lightly steamed.

### FAMILY MEALTIME

- ★ Do not underestimate the importance of family mealtime; take 10-15 minutes to sit down together.
- ★ Get your family involved with meal planning.



### WHAT IS A SERVING?

#### Adults

- ☉ A whole fruit the size of a tennis ball
- ☉ 1/2 cup of chopped fruit or veggies
- ☉ 1 cup of raw, leafy greens
- ☉ 1/4 cup of dried fruits

#### Kids

- ☉ Size of the palm of their hand

### PUT LIMITS ON JUICE

- ☉ Juice products labeled “-ade,” “drink,” or “punch” often contain 5% juice or less. The only difference between these “juices” and soda is that they’re fortified with Vitamin C.
- ☉ Always try to choose whole fruits over juice.
- ☉ If you choose to serve juice, buy 100% juice.
- ☉ Make changes slowly by adding water to your child’s juice.
- ☉ Try mixing seltzer with a small amount of juice.
- ☉ Each day, juice should be limited to: 4-6 ounces for children 1-6 years old; 8-12 ounces for children 7-18 years old; Children 6 months and under should not be given juice

### OFFER NON-FOOD REWARDS

Have your family put together a list of fun, nonfood rewards that don't cost much. Post it where the whole family can see it. Examples: playing outdoors, a family game night, going to a ball game, buying a new book, extra reading time before bed.

### BE A ROLE MODEL:

- Snack on fruits and veggies ❖ Have the family help plan meals