

Join us for the Fitwize

Nutrition Session

Friday, September 21
4 to 5 PM!



Strive for 5!

Do you get at least 5 servings of fruits and vegetables a day? This month we will talk about why this is important and how we can include more of these nutritious foods every day!



Strive for 5!

By Stephanie Mull, MS, RD, CSSD, CSCS

People sometimes say, "An apple a day keeps the doctor away." However, most children (and adults!) in the U.S. are not eating the recommended 5 servings of fruits and vegetables each day. Your goal should be to serve a fruit or vegetable at every meal and snack, so you and your kids can get 5 fruits and veggies every day!

Fruits and vegetables are important because they provide vitamins, minerals and fiber. A diet high in fruits and vegetables can help kids grow and fight illness. It also protects against heart disease, stroke, high blood pressure and some cancers. The fiber and water in fruits and vegetables help you feel full.

How can you get more fruits and vegetables into your family's diet? The key is to make the foods available, and to model healthy habits yourself.

Remember, as a parent, you are the most important person for deciding what to serve at each meal. Set a good example by eating and serving fruits and vegetables every day. Recently, my 10-year-old told me he wanted to eat healthier. He spent a lot of the summer snacking on chips and popcorn, and even candy. I keep a little of that in the house, so those foods don't feel forbidden. I was so proud of him for recognizing this and asking for my help. We agreed that having fruit on the counter and cut up veggies in the fridge would make it easier for him to eat these nutritious foods more often. For children, accessibility is key!

For more information and great recipe and snack ideas, check out www.fruitsandveggiesmorematters.org.

Some Tips for Success

- **Serve fruits and vegetables with every meal and snack.** Even if your kids don't always eat them, make them an option every time. Don't forget to send them to school for snacks and lunches!
- **Involve your kids.** Get your kids to help cooking and planning meals. They are more likely to try new foods if they help out!
- **Role model.** Serve and eat a variety of fruits and vegetables at every meal and snack. Kids learn good habits from their parents!
- **Be prepared.** Have a supply of cut up, prepared fruits & vegetables in the refrigerator for snack. Store them in clear containers at eye level.
- **Trade up.** Ask for a salad instead of fries when eating out.
- **Add extras.** Add extra vegetables to foods you make from scratch or to prepared foods.
- **Don't overdo the juice.** Serving 100% doesn't substitute for whole fruit. Limit 100% juice to 4 ounces per day.

REFERENCE:

<http://foodandfun.org/?p=learn/staff/activities&subject=Connect+With+Parents&unit=Unit+7%3A+Fruits+and+Veggies+Mix+it+Up>

Fruits & veggies make tasty & easy snacks!

- Celery sticks with peanut butter & raisins
- Whole grain crackers with tomato slices and cheese
- Corn tortillas with beans, cheese, and salsa
- Baby carrots and hummus
- Dried fruits like raisins, pineapple, and apricots with nuts or sunflower seeds

