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Eat five or more servings of fruits and vegetables a day.



A diet rich in fruits and vegetables provides vitamins and minerals, which are important for supporting growth and development, and a healthy immune system!

Food for thought...

Shopping time.

Choose by the season.

- Buy fruits and veggies that are in season.
- Frozen fruits and veggies with no added sugar or sauces can be a convenient, healthy choice.

Make healthy choices.

- Most fruits and vegetables are low in calories and fat, making them a great option anytime.

Have fun with colors.

- Many health benefits of different fruits and vegetables are based on color—that's why it's important to put a rainbow on your plate.

Cooking time.

Mix it!

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

Slice it!

- Wash and chop veggies and fruits so they are ready to grab and eat.

Serve it!

- For kids, the size of the palm of their hand is a good measure for what makes up a serving size.

Eating time.

Family meal time.

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

Try it!

- Try-a-bite rule—offer new fruits and veggies and encourage everyone in the family to try a few bites each time. It can take 7–10 tries to like a new food.
- Most people prefer crunchy foods over mushy ones. Enjoy them fresh or lightly steamed.



Fun rewards. Not food rewards.

Have your family put together a list of fun, non-food rewards that don't cost much. Post your list where the whole family can see it. Examples: playing outdoors, a family game night, going to a ball game, visiting the library or extra reading time before bed.



Working Together to Shape a Healthy Future
Facilitated by Community Health Improvement Partners

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