

Fruits and vegetables: Eat 5 or more servings for health

Fruits and vegetables are full of 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 also help you to feel full.



How to boost fruits and vegetables in your family's diet

Parents have the most control over what children eat—or at least what foods they can choose from. You play a key role in modeling healthy eating habits. Kids notice the food you buy and meals and snacks you prepare. Try these simple ways to help your kids learn to enjoy fruits and vegetables.

TIPS FOR SUCCESS

- Introduce fruits and veggies **early** in life. Start serving new foods during infancy and the toddler years.
- Keep serving kids fruits and veggies **often**. Repetition is the key, so don't give up!
- **Be prepared**. Always keep a supply of cut up fruits and veggies in the refrigerator for snack. Store them in clear containers at eye level.
- Serve a vegetable or fruit at **every** meal and snack time. Don't forget foods sent to school.
- Try **canned** fruits and veggies. They cost less and are easy to store. Fruit should be canned in 100% juice and look for canned vegetables that are low in salt.
- Experiment with **frozen** fruits and veggies. They are low in price and easy to prepare.
- Try **dried fruits without added sugar**. Raisins, apricots, or pineapple are good choices.
- **Add extra** veggies to foods that you make from scratch or to prepared foods.
- **Don't overdo the juice**. Serving 100% juice doesn't substitute for whole fruit. Limit 100% juice to 4 ounces per day.
- **Serve fruit for snacks and dessert**—try blending frozen fruit into shakes.
- Plant a family **garden** in your backyard or on your window sill. Kids are more likely to try new foods if they help grow and prepare them.

For more information: Check out www.hsph.harvard.edu/nutritionsource/fruits.html or www.5aday.com

每日至少摄入5份水果蔬菜以保持健康

水果和蔬菜含有大量维生素，矿物质和膳食纤维。多吃水果蔬菜有利孩子的健康成长并提高免疫力，此外还可以有效降低心脏病，中风，高血压和某些癌症的风险。水果蔬菜中含有的膳食纤维和水份可以增加饱腹感。



如何提升水果蔬菜的地位

父母可以有效控制孩子的食物---

至少食物的1/3。父母应确立健康饮食的榜样。你所挑选的食物和零食对孩子有重要的影响。以下小贴士可使你的孩子更容易摄入水果和蔬菜。

健康饮食小贴士

在孩子成长早期即食用水果蔬菜，在哺乳期或幼儿期即可引入一些新食物。

经常给孩子提供水果蔬菜。坚持很重要，不要放弃！

随时准备好切好的水果或者蔬菜作为零食，存放在干净的容器里并放在易于取用的地方。

餐前餐后提供水果蔬菜，别忘了让孩子带着水果蔬菜去学校。

冷冻罐装果蔬，罐装果蔬便宜也易于存放，在您购物时挑选那些原汁水果罐装和低糖蔬菜罐装。

冷冻果蔬，既便宜也易于准备。

无糖果干。葡萄干，杏干，和菠萝干是非常不错的选择。

在正餐的食物中多放蔬菜。

果汁摄入量不要过量，100%果汁不等于水果，果汁摄入量每天不要超过4盎司。

把水果当成零食和甜点，您可以使用冷冻水果打成奶昔。

在您的后院或窗台开辟空间来作为家庭菜园，孩子会很乐意去亲手种植的食品。

更多信息，请访问：www.hsph.harvard.edu/nutritionsource/fruits.html 或 www.5aday.com