

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□入5份水果蔬菜以保持健康

水果和蔬菜含有大量□素，□物□和□□素。多吃水果蔬菜有利孩子的健康成□并提高免疫力，此外□可以有效降低心□病，中□，高血□和某些癌症的□□。水果蔬菜中含有的中的□□素和水份可以增□□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□□。父母□□立健康□食的榜□。你所挑□的食物和零食□孩子有重□的影响。以下小□士可使你的孩子□□□上水果和蔬菜。

健康□食小□士

在孩子成□早期即食用水果蔬菜，在哺乳期或□儿期即可□□一些新食物。

□常□孩子提供水果蔬菜。□持很重要，不要放弃！

随□准□好切好的水果或者蔬菜作□零食，存放在干□的容器里并放在□而易□的地方。

餐前餐□提供水果蔬菜，□忘了□孩子□着水果蔬菜去学校。

□□罐□果蔬，罐□果蔬便宜也易于存放，在您□物是□挑□那些原汁水果罐□和低□蔬菜罐□。

□□冷□果蔬，既便宜也易于准□。

□□无糖果干。葡萄干，杏干，和菠□干是非常不□的□□。

在正餐的食物中多放蔬菜。

果汁□入不要□量，100%果汁不等于水果，果汁□入每天不要超□在4盎司。

把水果当成零食和甜点，您可以□□用冷□水果打成奶昔。

在您的后院或窗台□出口空□来作□家庭菜园，孩子□会很□意去□□□手种的食品。

更多信息，□□□：www.hsph.harvard.edu/nutritionsource/foods.html 或 www.5aday.com