

# FEED THE FAMILY FRUITS & VEGETABLES

Everyone should eat at least five servings of fruits and vegetables a day.

A serving size is smaller for a child. One serving size of fruit or vegetables will fit in the palm of your child's hand.

It can take up to 10 tries for kids to like a food.

Children are more likely to eat fruits and vegetables if they see their parents eating those foods.

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**Healthy Numbers  
for Bethesda  
Kids & Families**



**9-5-2-1-0**  
**Every Day!**

**EAT FIVE OR MORE  
FRUITS AND VEGETABLES  
EVERY DAY**

Adapted from materials developed by Let's Go!  
[www.letsgo.org](http://www.letsgo.org)  
and the Kentucky Department of Public Health  
[chfs.ky.gov/dph/mch/hp/5210/](http://chfs.ky.gov/dph/mch/hp/5210/)

# Did You Know?

- 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.
- A variety of different color fruits and vegetables offer a wide range of essential nutrients — that's why it's important to put a rainbow of fruits and vegetables on your plate.

## FIVE FRUITS & VEGETABLES



- 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.
- Add fruits and vegetables to food you already make, like pasta, soups, casseroles, pizza, rice, etc.
- Add fruit to your cereal, pancakes, or other breakfast foods.
- 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.

### WHAT IS A SERVING?

#### ADULTS

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

#### KIDS

- Size of the palm of their hand



## PUT LIMITS ON JUICE



- Always try to choose whole fruits over juice — not products labeled “ade”, “drink” or “punch”. They often contain 5% juice or less.
- If you choose to serve juice, buy 100% juice.
- Make changes slowly by adding water to your child's juice.

## BE A ROLE MODEL



- Snack on fruits and veggies.
- Have at least one veggie at every meal.

## Family Mealtime & Fun



- Do not underestimate the importance of family mealtime; take 10-15 minutes to sit down together.
- Get your family involved with planning and making the meals.
- Have your family put together a list of fun, non-food rewards that don't cost much. Post it where the whole family can see it. Examples: playing outdoors, a family game night, extra reading time before bed.

