

BRIGHTEN YOUR PLATE WITH HEALTHY CHOICES AT HOME



Fill Up on Fruits and Veggies!

Why is a diet full of fruits and vegetables important?

Fruit and vegetables have important nutrients, including vitamins and minerals! Your child is growing rapidly and nutrients help your child grow to be healthy. Some benefits of the nutrients in fruits and vegetables include: helping with your vision, bone health, memory and brain function. Eat fruits and vegetables every day to give you and your child important nutrients, including vitamin A, C, potassium and more.

Aim for at least 2 cups of vegetables and 1 and 1/2 cups of fruits in your child's diet every day. Mix it up with fresh, canned, frozen, or dried! Even 100% fruit juice counts, but fruits and vegetables in their whole form provide vital nutrients such as fiber that aren't in juice.

HEALTHY FAMILY CHALLENGE

- Make it a goal to eat every color of the rainbow by the end of the week!
- Have your children choose one fruit and one vegetable for the shopping list.