

# 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.



[www.5210go.org](http://www.5210go.org)

Adapted from materials developed by Let's Go!  
[www.letsgo.org](http://www.letsgo.org)



EAT 5 OR MORE  
FRUITS & VEGETABLES  
EVERY DAY



# 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 offers a wide range of essential nutrients – that's why it's important to put a rainbow of fruits and vegetable 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 seven 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, eat with yogurt or get protein with peanut butter.
- Make a fruit smoothie with low-fat yogurt.
- Add them 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 veggies
- 1 cup of raw, leafy greens
- ¼ 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.”
- If you choose to serve juice, buy 100% juice.

## BE A ROLE MODEL

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

## FAMILY MEALTIME

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