



# Eat at least 5 fruits & vegetables everyday!

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## Try it!

- Offer new fruits and veggies different ways and try at least 3 bites. It can take 7-10 tries before you like a new food.
- Many fruits and veggies taste great with a dip or dressing.
- Make a fruit smoothie with yogurt.

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## Mix it!

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

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## 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.

### What is a serving?

#### Kids

- Size of the palm of their hand

#### Adults

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

