

Questions:

1. How many fruits do you eat per day?
2. How many vegetables do you eat per day?
3. Do you eat a vegetable at dinner every night?
4. Do you eat a vegetable at lunch everyday?

FRUITS AND VEGETABLES

How much do we need everyday?

Fruits: 2-3 serving (1 serving equals a cup or your fist size)

Vegetables: At least 3 servings (1 serving equals a cup or your fist size)

Where do they fit into the day?

Fruit can be a snack or eaten as part of breakfast, lunch or dinner.

Vegetables should be eaten at lunch, as a snack and at dinner.

Why do we need fruits and vegetables?

■ **Healthy weight:**

- Vegetables are a food group that you can eat in unlimited amounts.
- Many fruits and vegetables have fiber which helps us feel satisfied.
- Eating three vegetables and two fruits in your day will help you eat the right amounts of other foods.

- **Health:** Fruits and vegetables are packed with vital vitamins, minerals, fiber, and many other healthful ingredients that often have remarkable long-term health benefits. Phytochemicals, found in many fruits and vegetables, are believed to be associated with the prevention of several of the leading causes of death in the U.S., including diabetes, cancer, and heart disease. If you can develop the habits of eating fruits and vegetables regularly, you will reap lifelong rewards.

Fun veggie dippers. Pair vegetables with flavorful toppings, such as cheeses, salad dressings, hummus, tomato sauce, peanut butter, and salsa. Celery and peanut butter, baby carrots dipped in salsa or light ranch, broccoli/cauliflower and cheese, and green beans and tomato sauce are all simple and popular combinations.

Have a “Munch Box” full of ready to eat veggies and you will never have to say no to food between meals and snacks. If your child is truly hungry, he/she will eat the veggies. Keep a supply of ready-to-eat, cut up raw vegetables in the refrigerator with a variety of dips on hand. To make eating vegetables and fruits



even easier, buy pre-cut, pre-washed raw vegetable and fruit medleys. Veggies can be eaten anytime, but should be at least eaten at lunch and at dinner.

Circle the vegetables and fruits that you like:

Vegetables

Alfalfa sprouts	Salsa	Radishes
Artichoke	Green beans	Scallions
Asparagus	Greens (collard, endives, escarole, kale, mustard, turnip)	Snow peas
Bamboo shoots	Kohlrabi	Sauerkraut
Broccoli	Leeks	Spinach
Brussels sprouts	Lettuce, all types	Summer squash
Cabbage	Mushrooms	Swiss chard
Carrots	Okra	Tomatoes
Cauliflower	Onions, all types	Tomato sauce
Celery	Peppers, all types	Turnips
Cucumber		Water chestnuts
Eggplant		Vegetable juice
		Zucchini

Fruit

Apple	Honeydew	Tangerine
Apricot	Kiwi	Watermelon
Berries	Lemon	Orange
Cantaloupe	Lime	Peach
Cherries	Nectarine	Apple sauce
Clementine	Pear	Tropical fruits
Grapefruit	Pineapple	(mango, papaya)
Grapes	Plum	



New Foods BINGO

Now it is time to try some new fruits and veggies. Put a new fruit or veggie in each space one or more times. Cross them off as you try the new foods. It is okay if you do not like the new foods. It is just important to try them and be willing to try them again at another time. Try to get your parents to set up a reward system.

My new goals...

Now that I know this information, what am I ready and willing to change in my day to make me healthier? (Add these goals to your Goal Sheet.)

- Eat 1 or 2 veggies at every dinner**
- Eat a fruit at snack time**
- Eat a veggie at lunch**
- Other:**



Extra information for parents and teenagers

Some children conquer the challenge of eating fruits and veggies with ease while for others it is a real struggle. Fruits and veggies are so important for maintaining a healthy weight and overall health that it is worth the struggle. Parents can win this battle by adopting some simple, practical tactics:

1. Have the fruits and veggies available!

2. Cut up the fruits and veggies and kids (and adults!) are more likely to eat them.

3. Offer a new fruit or veggie at least 10 times! The taste buds of children are much more sensitive than those of an adult. As a consequence, the strong, (and for a child, foreign), flavors of vegetables can taste particularly bitter. Start by offering a small portion next to a favorite food. Ask children to try a few small bites. If the child ren say they like the new food, only give them more if they ask for more. Most likely, they are still unsure about the new food, so if you give them more they will say they do not like new food items in the future to prevent having to eat more. If they do not like a food, say good job for trying and that it is okay that they did not like the food yet and that “we” will try it again another time. If they do like the food say good job for trying the food and then try it again another time. Do not hover over the child as they try the new food and almost pretend to not care of the results of their taste test. Getting the child involved in food preparation increases the likelihood of trying and liking new foods.

4. Find ways to put the kids in charge of their vegetables. Involve them in the process of choosing, shopping for, and preparing the vegetables. Kids are much more likely to feel good about eating them if they think it is their idea. If you can avoid it, don't force vegetables on your kids. It is often a good idea to have them available on the dinner table on a plate at the center of the table, where family members can help themselves, rather than served on individual plates. This way your child can help himself/herself, and also mirror the behavior of adults who are helping themselves. If you have time and the means, a great way to involve kids is to allow them to cultivate their own garden. Kids love gardening and derive great satisfaction from eating vegetables they have grown themselves.

5. Market vegetables yourselves. Parents can have a dramatic impact on how kids perceive vegetables, primarily through their own attitudes. Don't threaten kids if they don't eat their vegetables, or offer rewards if they do. Emphasize the benefits of eating vegetables, like a healthy, strong body and more energy. Model the behavior you would like to see in your kids by visibly enjoying the process of eating vegetables (If you don't enjoy it, fake it!). If you can locate childrens' books with vegetable protagonists (yes, they do exist), read those to your children to generate a sense of fun around eating vegetables.



6. Need for independence: In the first 3-4 years of life, children are taking their first, cautious steps towards developing a sense of their own identity and independence. While they still feel a deep need for security and unconditional love, they also need to begin to assert their own will and carve out some territory for themselves. But this is awfully difficult for 3 year olds, given their almost complete dependence on the adults around them. One of the few areas on which they can exert any influence is what foods are allowed. Thus, it is important to not let your young child feel your strong desire that they eat the veggies and fruits, as it might become the very thing they feel they get the most leverage out of in trying to control. Instead, have the fruits and vegetables around and serve them like any other food.

