

5 Fruits & Vegetables



5 2 1 0 Every Day!

5 or more fruits & vegetables

2 hours or less of screen time

1 hour or more of physical activity

0 sugary drinks, more water & low fat milk

Health & Nutrition Tips for Parents

The “Try It” Rule.

Fruits and vegetables help children grow and help protect them from getting sick. Leave a fruit bowl on the table to help make fruits and vegetables a normal part of the day. It takes 7-10 tastes of a new food to get used to it. Try making a 4-bite rule for fruits and vegetables to help make eating these foods a habit.

Mix it & Make it Fun.

Each fruit and vegetable has different vitamins, so eat a rainbow for good health. Serve a platter of mixed fruit or vegetables cut into fun shapes with a cookie cutter to engage the entire family.

One or Two Per Meal and Snacks.

A serving size is 1 cup of a cut fruit or vegetable, 1/2 cup dried, or 1 whole fruit or vegetable. To reach the goal of 5 servings, try adding fruit to cereal and chopped vegetables to pizza or pasta. Frozen or canned fruits and vegetables are good options, but look for fruit canned in water or 100% juice and for frozen vegetables without sauces.

Make Healthy Changes Together!

Children learn best by example and parents are the first and best teachers for healthy eating.

Make it fun to eat healthy!

5 2 1 0
EAT SMART!
STAY ACTIVE!
LIVE HEALTHY!