

Why is it important for kids to eat 5 fruits and vegetables every day?

- Fruits and vegetables are full of vitamins and minerals that help kids grow.
- Kids who eat 5-a-day are less likely to develop heart disease, diabetes, and maybe even some types of cancer as adults.
- Eating fruits and vegetables every day helps kids develop lifelong healthy habits.



What is a serving?

Kids

- A serving is the size of the palm of their hand

Adults

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

To learn more about Let's Go! 5-2-1-0, visit letsgo.org



EAT AT LEAST
5 FRUITS +
VEGETABLES
EVERY DAY



www.letsgo.org



What can **you** do?

Choose fruits and vegetables all year round!

- Fresh fruits and veggies that are in season tend to be less expensive.
- Frozen and canned fruits and veggies can be just as healthy as fresh! Be sure to check the label to make sure they don't have added sugars or salt.



How to eat 5-a-day:

prep it

- Wash and chop fruits and veggies and keep them in the fridge so they're ready to grab and eat.
- Keep cooked vegetables crunchy by lightly steaming or roasting—don't overcook!

mix it

- Add veggies (fresh or frozen) to foods you already make, like pasta, soups, casseroles, chili, and rice.
- Add fruit to cereal, pancakes, or other breakfast foods.

try it

- Keep trying. It can take several tries before kids like a new food, so don't give up if they don't like something at first. After several tries, it may become a new favorite!
- Add flavor. Some fruits and veggies taste better with a dip or dressing. Try yogurt, peanut butter, or hummus.



Did you know

Kids who eat school meals can get at least 4 of their "5-a-day" at school. Consider getting involved with your child's school lunch program!

