



Fruits and Vegetables: the Healthy Way!

Tips for kids to eat more fruits and vegetables:

- Keep a bowl of fruit on the kitchen counter for snacking.
- When packing lunch, add a vegetable (like carrot/celery sticks, salad, squash, jicama) and fruit (like papaya, mango, apple).
- Avoid cookies, candy, chips and sugar-added drinks in lunches.
- Shop with your child for favorite fruits and vegetables.
- Let your child help fix vegetables for dinner.
- Be a good example—your child will learn to eat what you eat.

