



## Fruit

Fruit is naturally low in calories, high in fiber, and loaded with important vitamins and minerals for healthy growth and development. The sweetness in fruit makes them a great replacement for sugary snacks and desserts. Unfortunately, most kids aren't eating enough fruit.

### Serving Size

Children need 1–2 cups of fruit per day, depending on their age and activity level.

One serving of fruit is equal to:

- ♦ 1 cup of fruit
- ♦ 1 cup of 100% fruit juice
- ♦ ½ cup dried fruit

### How can you get your kids to eat more fruit?

1. **Eat together.** If you snack on fruit in front of your kids, they're more likely to meet their fruit requirements. Kids are notorious for wanting to eat what others around them eat. Be the fruity role model!
2. **Keep trying.** Many children reject new foods because they're afraid, not because they don't like the taste. Don't give up. You may need to offer a new fruit 10 times or more before they'll accept it.
3. **Don't force kids to finish** a fruit they may not like. Encourage them to try just one bite this time!
4. **Slice or peel fruit.** Your kids may be more likely to want sliced fruit than whole fruit. They may like it better peeled than with the skin on it.
5. **Use stickers.** If you stick a popular cartoon character on a piece of fruit, you may find your child more excited about eating it.
6. **Let them pick their fruit.** Allowing them to pick their fruit from the grocery store makes them more excited about eating it.
7. **Involve them.** Kids often want to eat something they prepared on their own. Depending on their age, kids can help with slicing, peeling, or cutting fruit up. There

are kid-friendly knives, choppers, and slicers to make this activity safer for them.

8. **Mix it up.** Offer fruit in a variety of forms, textures, and shapes. Experiment with frozen, freeze-dried, canned, fresh and dried fruit, as well as 100% juice.
9. **Make fun no-cook creations.** Think of ways to make fruit a little more exciting. Make homemade popsicles, smoothies, and apple pizzas (peanut butter spread on a round apple slice topped with raisins).
10. **Pick your own.** Depending on where you live, you may be able to pick seasonal fruits at a local farm. Sometimes the excitement of a new food can be an adventure for everyone.
11. **Grow your own.** Getting kids outside in the garden, and teaching them how their food grows can interest them in trying something new.
12. **Add it to meals.** Kids love pancakes, cereal, oatmeal, frozen yogurt. Add the fruit on top!
13. **Try to offer** fruit at most meals and snacks.

**What can you try at home to get your kids to eat more fruit?**