



Swap 1 high calorie snack a day for fruit or veggies.

Why is eating fruits and vegetables so important?

- Fruits and vegetables are loaded with the vitamins, minerals, and fiber your child needs to stay healthy and have energy.

How can I get my child to eat more fruits and vegetables?

- Plan ahead. Always keep fresh, frozen, and canned fruits and vegetables around to include in meals.
- Put washed and peeled fruits and vegetables where your child can see and reach them. Keep cut up vegetables, peeled and cut oranges, grapes, and other fruits in small plastic bags in your refrigerator for easy snacking.

Involve your child.

- Let your child pick out fruits and vegetables at the store or decide which to have with a meal or for a snack.
- Add fruits and vegetables to your child's favorite foods.
 - Have vegetables as a pizza topping
 - Put sliced bananas or other fruit on top of cereal
 - Add frozen vegetables to pasta sauce
 - Put tomato slices inside cheese quesadillas
 - Add carrot "coins" to noodle soup
 - Blend frozen fruit with lowfat milk to make smoothies

Offer fruits and vegetables at all meals and snacks.



Healthy snacking for STAR kids!