

Eat More Fruits and Veggies



Eat a Rainbow of Fruit and Veggies Every Day

Eating a variety of fruits and veggies every day is part of a healthy diet for both kids and adults.

Fruits and veggies are packed with vitamins and minerals, are low in calories, and high in fiber. They help you achieve a healthy weight and prevent chronic diseases (heart disease, stroke, type 2 diabetes, some types of cancer, and high blood pressure).

Eat More Fruits and Veggies

- Add tomato and onions to scrambled eggs
- Freeze grapes and banana slices on a skewer for a snack
- Top peanut butter toast with bananas
- Ask for less cheese and more veggies atop your pizza
- Eat at least two vegetables at dinner
- Add frozen veggies to casseroles and pasta
- Choose fresh fruits and veggies for snacks and desserts

How Many Fruits and Veggies Do You Need?

1st: Determine your level of physical activity (physical activity that is above the light activity of everyday life)

Less Active: You average less than 30 minutes of physical activity a day

Moderately Active: You average 30 to 60 minutes of physical activity a day

Active: You average more than 60 minutes of physical activity a day

2nd: Choose your age range

3rd: Determine how many cups of fruits and veggies you should eat every day

Source: www.fruitsandveggiesmatter.org

WOMEN		
Age	Fruit (cups/day)	Veggies (cups/day)
19 – 30	2	2.5
31 – 50	1.5	2.5
51+	1.5	2

19 – 50	2	2.5
51+	1.5	2.5
2 – 3	2	3
51+	2	2.5

MEN		
Age	Fruit (cups/day)	Veggies (cups/day)
19 – 50	2	3
51+	2	2.5

19 – 50	2	3.5
51+	2	3
19 – 30	2.5	4
31 – 50	2.5	3.5
51+	2	3

GIRLS		
Age	Fruit (cups/day)	Veggies (cups/day)
2 – 3	1	1
4 – 8	1	1.5
9 – 13	1.5	2
14 – 18	1.5	2.5

LESS ACTIVE

2 – 3	1	1
4 – 8	1.5	1.5
9 – 13	1.5	2
14 – 18	2	2.5

MOD ACTIVE

2 – 3	1	1
4 – 8	1.5	1.5
9 – 13	1.5	2.5
14 – 18	2	3

ACTIVE

BOYS		
Age	Fruit (cups/day)	Veggies (cups/day)
2 – 3	1	1
4 – 8	1.5	1.5
9 – 13	1.5	2.5
14 – 18	2	3

LESS ACTIVE

2 – 3	1	1
4 – 8	1.5	1.5
9 – 13	1.5	2.5
14 – 18	2	3

MOD ACTIVE

2 – 3	1	1
4 – 8	1.5	2
9 – 13	2	2.5
14 – 18	2.5	3.5

ACTIVE

Make it Count!

Learn What 1 Cup and 1/2 a Cup of Fruits and Veggies Look Like

Examples of 1 Cup

1 large of ear corn



1 large orange



1 large sweet potato



Examples of 1/2 Cup

5 broccoli florets



16 grapes



4 large strawberries



6 baby carrots



Please visit www.fruitsandveggiesmatter.org for more examples.

Tracking Your Fruits and Veggies: Sample

Date: 7/7/2007 Name: Naomi

Gender: Female Age: 14 Activity Level: Less Active

Meal	Sample	Description/Portion Size	Total Fruits	Total Veggies
Breakfast	Fruit on cereal	one small banana = 1/2 c fruit	1/2	
Lunch	Big salad w/ lettuce & veggies	1 c lettuce = 1/2 c veggies 1/2 c other veggies = 1/2 c veggies		1
Snack	Six baby carrots w/peanut butter	Six baby carrots = 1/2 c veggies		1/2
Dinner	Green beans & corn on the cob	1/2 c green beans = 1/2 c veggies 1 ear of corn = 1 c veggies		1 1/2
Total:			1/2	3
My Goal:			1 1/2	2 1/2
Did you meet your goal?				

Tracking Your Own Fruits and Veggies

Date: _____ Name: _____

Gender: _____ Age: _____ Activity Level: _____

Meal	Sample	Description/Portion Size	Total Fruits	Total Veggies
Breakfast				
Lunch				
Snack				
Dinner				
Total:				
My Goal:				
Did you meet your goal?				

Make seven copies of this blank chart to chart your fruits and veggies for a week!

CanDo – Coalition for Activity and Nutrition to Defeat Obesity
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Helping Kids Eat More Fruits and Veggies

Kids
Can Do
it!



Important Elements: Smell, Texture, and Color

- Kids are turned off to trying new foods if the smell, flavor, or color is not appealing to them.
- Try feeding kids fruit and veggies of different textures. Some kids prefer smooth food, while others like lumpy. Some kids like crisp foods, while others like soft.
- Offer new fruits and veggies in combination with old favorites to show kids a variety of smells, textures, and colors.
- Fruits and veggies may be more appealing to kids if they are served raw.
- Various veggies can be added to any whole grain pasta dish or pizza, and fruit is a great topping for low-fat yogurt.

10 Tips for Motivating Kids to Eat More Fruits & Veggies!

- 1. Make Healthy Snacking Easy.** When kids come racing home hungry for a snack, chances are they'll grab whatever is most convenient, so be sure to place fruits and veggies in spots where kids will see them first. Place a bowl of fresh fruit on the kitchen counter or table. Keep a variety of cut up fruits and veggies in the fridge – store them in small plastic baggies for quick grab-and-go snacks. Put bottles of water and 100% fruit juice on lower shelves where kids will see them first when they open the fridge.
- 2. Make Fruits and Veggies Fun.** Try dressing up sandwiches with faces and smiles made from fruits and veggies (see recipe).
- 3. Add Fruits and Veggies to Favorite Foods.** Add grated or cut veggies into entrees, side dishes, and soups. Top off cereal with sliced bananas and blueberries. Make strawberry milkshakes with frozen strawberries, low-fat yogurt and milk. Add shredded carrots and dark green lettuce to a turkey sandwich. Get creative!
- 4. Set a Good Example.** When it comes to fruits and veggies, the actions of older family members strongly influence how kids react to fruits and veggies. So watch what you do – model healthful eating habits. Kids will mimic your actions and words. Comment on how much you love your salad. Snack on fruit and veggies. Order fruit or veggie sides when at restaurants.

Strive to fill half your plate with fruits and veggies. Add grated or cut veggies to entrees, side dishes and soups. Top cereals or yogurt with fresh fruit.

- 5. Serve Fruits and Veggies at Every Meal.** Strive to fill half your plate with fruits and veggies. Add grated or cut veggies to entrees, side dishes and soups. Top cereals or yogurt with fresh fruit.
- 6. Stock Up!** Pack the refrigerator, freezer and cupboard with fresh, pre-cut, frozen, and canned veggies so that it is easier to prepare meals and snacks that include vegetables.

Fruit and Veggie Snack Ideas

- 4 Baby carrots
- Bell pepper strips
- Low-fat Ranch dressing for dip
- Water

- Low-fat yogurt (4 oz)
- Orange (1 medium)
- Water

- Whole wheat crackers (1 oz)
- Hummus (1/4 cup)
- 5 Strawberries
- Water

- Celery sticks and snap peas
- 1% Cottage cheese (1/2 cup)
- Cantaloupe and grapes (3/4 cup)
- Water

- Whole grain bread (1 slice)
- Natural peanut butter
- Banana slices and honey
- Milk (1% or fat-free)

- String cheese
- Green apple
- Rye Krisp crackers (1 oz)



10 Tips (cont'd)

- 7. Just Ask.** Ask that fruits and veggies be offered at school functions, after school programs, and in vending machines.
- 8. Let Kids Make Decisions.** When it comes to fruit and veggies, offering kids two to three choices is a smart idea. Choosing between orange juice and tomato juice for breakfast lets kids make decisions and exercise power. Also, let kids choose which fruits and veggies to serve and how to incorporate them into their favorite meals.
- 9. Don't Give Up!** Sometimes kids will love a new fruit or veggie with the first taste. Other times it may take up to 10 to 15 tries before kids acquire a taste for a new food. Ask kids to try one bite. If they don't like it, that's fine. Allowing them to stop at one bite makes trying new foods less scary. Forcing a child to eat something he or she truly doesn't like will only create a bad association with that food. It is important to keep offering new fruits and veggies.
- 10. Get Others Involved.** Encourage family members, friends, neighbors, and schools to offer fruits and veggies to your kids.

Source: www.fruitandveggiesmatter.gov

Veggie Head Bagels

- Light cream cheese or hummus
- Whole grain mini-bagel
- Broccoli, carrots, green peppers, red peppers, jicama
- Mozzarella cheese (part-skim)

Directions: Smear light cream cheese or hummus on each half of a whole grain mini-bagel. Create fun faces and hair on each bagel half by using small pieces of broccoli, carrots, green peppers, jicama, and shredded mozzarella cheese.

Veggie Trees

Sauce:

- 1/4 cup plain non-fat yogurt
- 1/4 cup light sour cream
- 2 Tbsp honey
- 2 tsp spicy brown mustard

Trees:

- Baby carrots
- Broccoli florets
- Grape tomatoes
- Chopped fresh parsley

Directions: 1. Prepare sauce: Blend all ingredients together in a small bowl. 2. Create veggie trees: Place 2 baby carrots side by side to form the trunk. Make leaves by placing broccoli florets at the top of the carrots. Put cherry tomatoes in the tree tops. Spoon dipping sauce around the base of the carrots and sprinkle with chopped parsley to create grass.

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