

## Fruits and Vegetables

Today we talked to your child's class about why it is important to eat fruits and vegetables. Fruits and vegetables are full of essential vitamins and minerals that keep our bodies healthy and strong.



### Vitamin A

Helps to keep eyes, hair, and skin healthy  
Helps with night vision  
Mangos, carrots, sweet potatoes, cantaloupe

### Vitamin C

Helps fight off bacteria, viruses, and infection  
Helps bruises and cuts heal  
Strawberries, bell peppers, oranges, cabbage, pineapple



### Calcium

Builds strong bones and teeth.  
Broccoli, leafy greens, edamame (soy beans)

The MyPlate guidelines recommend you **fill half of your plate with fruits and vegetables**. For children, aim for a minimum of 3 servings of vegetables and 2 servings of fruit per day.



### So how can you help your family eat more fruits and vegetables?

- **Give your child a choice:** "Would you like cucumber or carrots?" Research shows that when children are given a choice, the more likely they are to consume vegetables.
- **Add veggies to favorites:** burritos, pizza, sandwiches, soups and rice/pasta casseroles.
- **Serve as a snack:** carrots and cucumber with bean dip, an apple with peanut butter, etc.
- **Add fruits to plain yogurt, salsas, lettuce salads, cereal/oatmeal, etc.**

Here's a fun snack idea to try with your child: **Veggie Head Muffins**

#### Ingredients:

- whole wheat English muffin
- spread (cream cheese, hummus, nut butter, etc.)
- shredded cheese (for hair)
- veggies (carrots, bell peppers, jicama, broccoli, cauliflower, etc.)
- raisins or olives (for eyes)

#### Directions:

Cut muffin in half and spread cream cheese/hummus/nut butter on one side. Create silly or fun faces using small pieces or shreds of the veggies.

