

“What can I do to help my kids eat 5 to 9 servings of fruits and veggies daily?”

5-A-Day the Tasty Way!

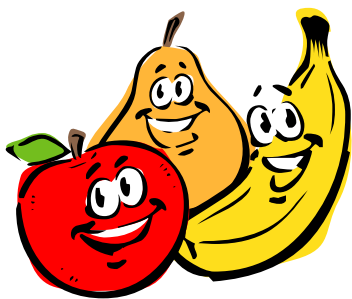
Follow the Leader

Play follow the rainbow leader—watch what happens when YOU enjoy a wide variety and color of fruits and veggies every day! Plan family meals and snacks to include 5 to 9 servings of fruits and vegetables every day. Actions speak louder than nagging, bribing, or clean plate club efforts.

Ask the Kids

AT THE STORE LET'S EXPLORE. Make your next trip to the grocery store a **5-A-Day** exploration. Talk with your kids about their **5-A-Day** favorites.

List them here:



Together, plan favorite, colorful treasures into family menus.

Eat Your Colors

Colorful fruits and veggies provide a wide variety of nutrients to help our bodies stay healthy. Include the five color groups daily – red, yellow/orange, white, green, and blue/purple.

Here's one **5-A-Day the Tasty Way** example:

- Breakfast – Orange wedges (*yellow/orange*)
- Lunch – Purple grapes (*blue/purple*), cucumber (*green*) and tomato slices (*red*)
- Dinner – Green beans (*green*), strawberries (*red*)
- Snacks – Raisins (*blue/purple*), banana (*white*)
- Our family's favorite fruit/color: _____ veggie/color: _____

Size up 5-A-Day

Including 5 to 9 servings daily is easier than you think. A serving is:

- one medium-sized fruit
- ½ cup raw, cooked, frozen, or canned fruits or veggies
- ¾ cup 100% fruit juice or vegetable juice
- ½ cup cooked, canned, or frozen legumes (beans or peas)
- 1 cup raw, leafy veggies
- ¼ cup dried fruit

5-A-Day – Your Active Play Pal

5-A-Day the Tasty Way includes being physically active most days of the week. Let a **5-A-Day** snack refresh you after active play. Try fruit kabobs or raw veggies and low-fat dip for a quick energy snack.



Veggie Pizza for Breakfast?

A Great **5-A-Day** Start!
 Mushrooms
 Green peppers
 Shredded carrots
 Black olives
 Tomato sauce
 Mozzarella cheese
 on an English muffin...

5-A-Day the Tasty Way
 do-it-myself breakfast!



5-A-Day Tips!

Shop for store specials -

- Try dried cherries or mixed dried fruits and nuts.
- Pack a carton of fruit or vegetable juice for on-the-go.
- Combine spinach, leaf lettuce, and cabbage for a great salad.

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Resources

Produce for Better Health Foundation www.5aday.com
 Recipes, shopping techniques and easy tips for helping kids and families eat more fruits and veggies.

Fit & Fun Family Goals

5-A-Day the Tasty Way Family Challenges

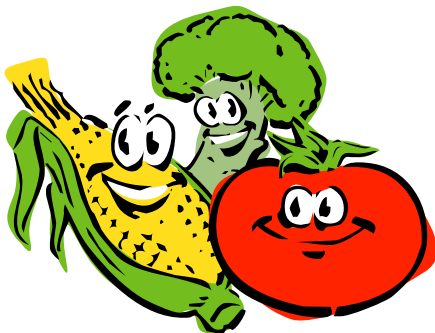
Challenge #1: As a family, talk about and make plans to find ways to eat 5-A-Day every day! Can you do it? Sure you can!

Challenge #2: Track the colors and kinds of fruits and veggies served at home in the next week.

Tracking Fruits and Veggies

Get everyone involved! Ask your kids to be in charge of filling in the chart!

- 1) Each day, write in under the correct color group, the kinds of fruit and/or veggies offered at home.
- 2) At the end of the day, total the number of servings offered.
- 3) Discuss the following questions: "Was 5-A-Day offered? Did everyone CHOOSE their 5-A-Day? How many different colors were eaten each day?"
- 4) At the end of the week, circle the days of the week that 5-A-Day was offered and color the days that everyone CHOSE 5-A-Day. Use the chart for family discussion for setting future 5-A-Day goals. When you choose 5-A-Day, reward the family with active play!



| | Red | Yellow/Orange | White | Green | Blue/Purple | Total servings for the day |
|-----------|-----|---------------|-------|-------|-------------|----------------------------|
| Sunday | | | | | | |
| Monday | | | | | | |
| Tuesday | | | | | | |
| Wednesday | | | | | | |
| Thursday | | | | | | |
| Friday | | | | | | |
| Saturday | | | | | | |