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# EAT AT LEAST FRUITS + VEGETABLES EVERY DAY



## REDDY'S RULES

### Try it!

- Try fruits and veggies different ways and try at least a couple of bites each time. It can take 7 to 10 tries before you like a new food, so be open to trying again and again. It may become your new favorite!
- Many fruits and veggies taste great with a dip or dressing. Try salad dressing, yogurt, nut butter, or hummus.
- Aim to have at least one veggie at every meal.

### Mix it!

- Add veggies to foods you already make, like pasta, soups, casseroles, pizza, rice, omelets, tuna fish salad etc.
- Add fruit to your cereal, pancakes, and chicken salad.
- Make a fruit smoothie with yogurt.

### Slice it!

- Keep washed and chopped veggies and fruits in the fridge so they are ready to grab and eat.
- Have fresh fruit with cheese wedges as a dessert.
- Make fruit or veggie kebabs for parties.
- Most people prefer crunchy foods over mushy ones. Enjoy vegetables fresh or lightly steamed, and avoid overcooking.

### Did you know?

A diet rich in fruits and vegetables provides vitamins, minerals, and phytonutrients, important for supporting growth and development, and for optimal immune function.

### What is a serving?

Young Children

- Size of the palm of their hand

Adolescents and Adults

- A whole fruit the size of a tennis ball
- 1/2 cup of chopped fruit or veggies
- 1 cup of raw, leafy greens
- 1/4 cup of dried fruits

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LET'S GO!

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Healthy NH



# Sign-up Sheet for a HEALTHY PARTY



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Dear Parents and Families,

We're having a party to celebrate \_\_\_\_\_!

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Number of Kids: \_\_\_\_\_

Please sign up for one of the choices below to indicate what you will bring or send in.

## **Fruit item**

(Ideas: fruit kabobs, fruit salad, whole fruit,  
cut fruit, dried fruit, fruit smoothie)

Name: \_\_\_\_\_

Name: \_\_\_\_\_

## **Vegetable item**

(Ideas: veggie platter with dressing or hummus,  
veggie kabobs, carrot sticks, pepper slices):

Name: \_\_\_\_\_

Name: \_\_\_\_\_

## **Whole-grain item**

(Ideas: whole-grain pretzels with mustard dip,  
mini whole-grain bagels with cream cheese,  
whole-grain pasta salad)

Name: \_\_\_\_\_

Name: \_\_\_\_\_

## **Protein item**

(Ideas: yogurt, cottage cheese, string cheese,  
bean salad, hummus with crackers)

Name: \_\_\_\_\_

Name: \_\_\_\_\_

## **Healthy drink**

(Please choose from: water, seltzer,  
water infused with fruit, milk)

Name: \_\_\_\_\_

Name: \_\_\_\_\_

## **Paper Plates**

Name: \_\_\_\_\_

## **Cups**

Name: \_\_\_\_\_

## **A craft you will lead the group in**

Name: \_\_\_\_\_

## **A game you will lead the group in**

Name: \_\_\_\_\_

**Thank you for helping us make our program's celebrations healthier and more fun!**



# IDEAS FOR HEALTHY SNACKS

**Boost overall nutrition with healthy snacks. Keep your energy going all day long!**

**Popular vegetables that can be served raw with healthy dips, spreads, and salad dressings include:**

- Broccoli
- Baby carrots
- Celery sticks – add some nut butter and raisins...*anyone remember ants on a log?*
- Cucumber slices
- Pepper strips – red, green, and yellow
- Snap peas
- Snow peas
- String beans
- Grape or cherry tomatoes
- Zucchini slices

## YUM!

Bean dips, guacamole, hummus, salsa, and nut butters are all great for dipping or spreading!

**Fruit is a nutritious and naturally sweet option for snacking. Choosing fresh fruit guarantees you're getting no added sugar:**

- Apples
- Apricots
- Bananas
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Clementines
- Grapefruit
- Grapes – red, green, or purple
- Honeydew melon
- Kiwifruit
- Mandarin Oranges
- Nectarines
- Oranges
- Peaches
- Pears
- Pineapple
- Plums
- Raspberries
- Strawberries
- Tangerines

## Mix it up!

Serve fresh fruit as a salad or kabobs!

**Some other popular fruit forms include:**

- Applesauce (unsweetened)
- Canned fruit (in 100% juice or water)
- Dried fruit – try raisins, apricots, apples, cranberries, and fruit leathers with little or no added sugar
- Frozen fruit (check the label to be sure there is just fruit and no added sugar in the bag)

**It's a good idea to balance out snacks by serving foods from different food groups. For your next snack try eating a fruit or vegetable WITH one of these foods:**

- Whole wheat English muffins, pitas, or tortillas
- Breakfast cereals – choose whole grain, low-sugar options like Cheerios, Grape-Nuts, Raisin Bran or Mini-Wheats
- Whole grain crackers like Triscuits or Wheat Thins
- Popcorn
- Baked tortilla chips
- Nuts or nut butter
- Unsweetened yogurt
- Cheese cubes
- Cottage cheese



# SNACKS TO FUEL Your Brain

Everyone is hungry and time is limited.

Try some of these quick snacks that require little prep time!



- **Veggies and Dip:** Baby carrots, cucumber slices, red pepper slices, broccoli, cherry tomatoes, snap peas, or celery sticks served with hummus, salad dressing, or other dip.
- **Vegetable Sticks with Spread:** Celery or carrot sticks topped with nut butter or cream cheese (add some raisins to make 'ants on a log'!)
- **Snack Kabobs:** Veggie or fruit chunks skewered onto thin pretzel sticks.
- **Sweet Potato Fries:** Baked sweet potato wedges, tossed lightly with olive oil and salt.
- **Cottage Cheese or Yogurt with Fruit and/or Granola:** Try using fresh grapes, frozen berries, or canned peaches or pineapple.
- **Mini Bagel with Spread:** Try cream cheese, nut butter, or hummus.
- **Apple Treats:** Sprinkle apple chunks with cinnamon and/or raisins or granola, then mix in some nut butter.
- **Chips and Salsa:** Use whole grain baked pita chips or baked tortilla chips. Also try out bean dip instead.
- **Taco Roll-Up:** Small whole wheat tortilla rolled with cheese, beans, and salsa.
- **Turkey Roll-Up:** Turkey slice rolled up with cheese.
- **Mini Pizzas:** Top pita bread or half of a whole wheat English muffin with tomato sauce, cheese, and chopped vegetables and toast until cheese is melted.



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# even QUICKER SNACKS for Healthy Kids

## For even quicker snacks, try these!

- **Whole Fruit:** Grapes, apples, bananas, etc.
- **Fruit Salad:** Store-bought fresh fruit, unsweetened canned fruit, or snack cup.
- **Frozen Fruit:** Berries, mango, you can even freeze grapes.
- **Dried Fruit:** Look for unsweetened varieties and keep it to a handful.
- **Apple Sauce:** Unsweetened.
- **Nuts:** Such as almonds, walnuts, cashews, or mixed nuts; keep it to a handful.
- **Cheese:** One string cheese or 2 slices of cheese.
- **Granola/Fruit Bar:** Look for whole grain bars that are low in sugar.
- **Cereal:** Choose whole grain cereals like Cheerios, Multigrain Chex, and Shredded Wheat.
- **Trail Mix:** Made with nuts, seeds, granola, and/or dried fruit; keep it to a handful.
- **Popcorn:** 2-3 cups popped.
- **Fruit Smoothies:** Store-bought or homemade with fresh or frozen fruit and milk or yogurt.

- **Pretzels:** A handful served with a spoonful of hummus or nut butter.

## Let's not forget about beverages.

Reach for some of the suggestions below the next time you provide beverages!

- **Water**
- **Milk**
- **Seltzer water** with a splash of 100% fruit juice

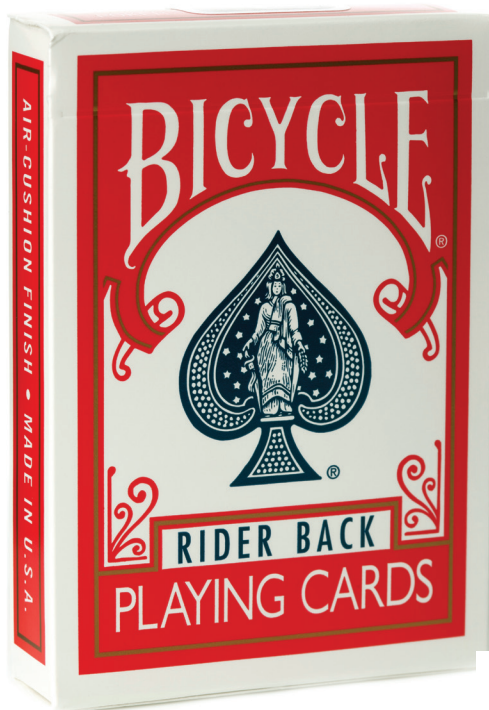
## Try making yummy infused water

Just add fruit (think berries, melons, citrus fruit, kiwi, etc.) and/or vegetables (like cucumber, celery or carrot), and/or fresh herb leaves (like thyme, mint, cilantro, or parsley). Mix and match and let it sit a few hours in the fridge to let the flavors infuse.



# WHAT IS A HEALTHY PORTION?

Food portions are larger than ever these days—usually much more than we need. Choose your starting portion size by relating food to everyday items.



**A serving of meat, fish, or poultry is equal to a deck of cards.**



**A serving of fruit or vegetables is about the size of a tennis ball.**



**A serving of nut butter or salad dressing is about the size of a ping-pong ball.**

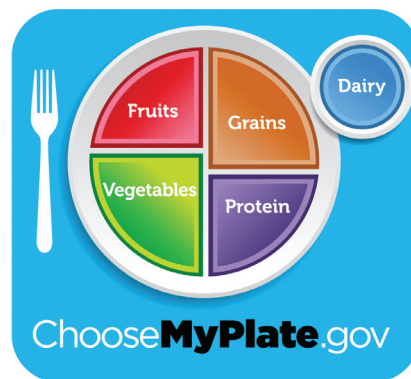


**For toddlers, the right portion size is the size of the palm of their hand.**

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## Use these tips to help keep your portions right-sized.

- Start with one portion of each food on your plate. If you are still hungry, you can always get more.
- Use the MyPlate model to create a balanced plate. Fill half of your plate with veggies (and/or fruit),  $\frac{1}{4}$  with protein, and  $\frac{1}{4}$  with starch, preferably a whole grain.
- Check the serving size on packaged foods for guidance on portion size.
- Eat your food while sitting down and using a plate or bowl. Avoid eating directly out of packages.
- Eat regularly throughout the day; this helps keep you from getting too hungry.
- Serve food on smaller plates.
- Serve meals from the stove. This can help you avoid eating more when you are no longer hungry.
- At restaurants, ask for a lunch-size portion, split your meal, or box up half to take home.
- Skip the “clean plate” club. Instead, start with smaller portions, savor your food, and eat until you are satisfied.
- Role model the behaviors that you want your children to develop.



no  
more  
**clean  
plate  
club!**

