



BRIGHTEN YOUR PLATE



List some of the colorful fruits and vegetables you ate as a family this week!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Fill Up on Fruits and Veggies!

Why is a diet full of fruits and vegetables important?

Fruit and vegetables have important nutrients, including vitamins and minerals! Your child is growing rapidly and nutrients help your child grow to be healthy. Some benefits of the nutrients in fruits and vegetables include: helping with your vision, bone health, memory and brain function. Eat fruits and vegetables every day to give you and your child important nutrients, including vitamin A, vitamin C, potassium, and more!



Aim for at least 2 cups of vegetables and 1 and 1/2 cups of fruits in your child's diet every day. Mix it up with fresh, canned, frozen, or dried! Even 100% fruit juice counts, but fruits and vegetables in their whole form provide vital nutrients such as fiber that aren't in juice.

Half Your Plate

Fill half of your plate with fruits and vegetables at each meal! Choose a variety of fruit and vegetables when grocery shopping so that you can have more than one option at each meal. Fruits and vegetables are a perfect snack during the day or a side dish for lunch or dinner. Remember, using frozen fruits and vegetables can be a great time-saver!

Become a Fan of Fruits and Veggies!

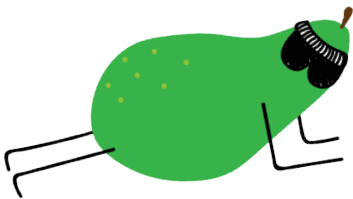
Follow the Leader

Your child learns by watching you. Children who watch their parents eat more fruits and vegetables may be encouraged to eat more, too! Talk to your child about how and why you enjoy fruit and vegetables. If they see you enjoying fruits and vegetables, they might too!



Get Involved

Children eat more fruits and vegetables when they help choose and prepare them. Ask your child to help choose the fruits and vegetables your family will eat for the week.

Another great way to get your child excited about fruits and vegetables is to plant a garden together! Start with something small, even a container garden in a bucket, and watch your garden grow. Your child will be able to see the results of hard work and you will have the perfect opportunity to talk about the importance of fruits and vegetables.



HEALTHY FAMILY CHALLENGE

-  **Make it a goal to eat every color of the rainbow by the end of the week!**
-  **Have your children choose one fruit and one vegetable for the shopping list.**