

# Eat 5 or More Fruits & Vegetables Every Day



## DID YOU KNOW?

Eating many kinds of fruits and vegetables provides vitamins and minerals that can help with healthy growth and development. This also helps the body fight sickness.

Most fruits and vegetables are low in fat and calories. Offering children fruits and vegetables instead of sugary and high fat snacks can help children stay at a healthy weight.

## Try it!

- Offer fruits and vegetables in different ways. Ask your child to take at least a couple of bites. It can take many tries for a child to like a new food, so be patient. It may become their new favorite!
- At every meal serve a fruit or vegetable your child already likes and offer a new one to try. Offer new fruits and vegetables with the texture your child already likes.
- Many fruits and vegetables taste great with a dip or dressing (for example: salad dressing, yogurt, nut butter, or hummus).

## Mix it!

- Add vegetables to foods your child likes, such as pasta, soups, casseroles, pizza, rice, omelets, tuna fish salad.
- Add fruit to your child's cereal, pancakes, or chicken salad.
- Make a smoothie with fruits and greens such as spinach or kale.

## Snack it!

- Keep washed and pre-cut vegetables and fruits in the refrigerator or on the counter for grab and go snacks.
- Pair fresh fruit and vegetables with other foods like cheese, crackers, etc. for a fast and easy snack.

## WHAT IS A SERVING?

### Toddlers and Young Children



Size of the palm  
of their hand

### Adolescents and Adults



A whole fruit the size of a tennis ball



**1 cup**  
of raw,  
leafy  
greens



**½ cup**  
of chopped  
fruit or  
vegetables



**¼ cup**  
of dried  
fruits

Find healthy recipes at: [CookingMatters.org/recipes](https://CookingMatters.org/recipes) or [MaineSNAP-Ed.org/cook/recipe](https://MaineSNAP-Ed.org/cook/recipe)