



# Healthy Habits. Healthy Life.

Aim For  
at least  vegetables and fruits a  
day – or more!

## LIFE CAN BE BUSY - MAKE A FAMILY PLAN TO EAT MORE VEGETABLES AND FRUITS :

- Try to eat a rainbow of vegetables and fruits
- Plan and prepare meals together
- Be a role model and try to add more vegetables and fruits to your plate
- Eat together as a family as much as you can



## GIVE IT A TRY!

- Try three bites! Offer new veggies and fruits different ways and try at least three bites each time. It can take 7 or more times before you like a new food.
- Buy veggies and fruits that are in season. Frozen and canned are always available.
- Look for vegetables and fruits without a lot of added ingredients.

## Quick Tips

- Fruits and vegetables can be a quick healthy snack
- Keep a bowl of fruit on the counter to grab and go
- Chop up veggies to have on hand - dip with a salad dressing, yogurt or peanut butter
- Make a smoothie with vegetables, fruits and yogurt
- Add vegetables and fruits as a topping to your favorite foods: pizza, pasta or your breakfast cereal



## Did you know?

A serving size for your child is the same as the palm of their hand.

Serving sizes for adults:

- Whole fruit is about the size of a tennis ball
- A cup of raw leafy greens or ½ cup cooked vegetables

