Eat five or more servings of fruits and vegetables a day.

A diet rich in fruits and vegetables provides vitamins and minerals, which are important for supporting growth and development, and a healthy immune system!

**Food for thought...**

**Shopping time.**

**Choose by the season.**
- Buy fruits and veggies that are in season.
- Frozen fruits and veggies with no added sugar or sauces can be a convenient, healthy choice.

**Make healthy choices.**
- Most fruits and vegetables are low in calories and fat, making them a great option anytime.

**Have fun with colors.**
- Many health benefits of different fruits and vegetables are based on color—that’s why it’s important to put a rainbow on your plate.

**Cooking time.**

**Mix it!**
- Add veggies to foods you already make, like pasta, soups, pizza, rice, etc.
- Be a good role model for your family, and have at least one fruit or veggie at every meal.

**Slice it!**
- Wash and chop veggies and fruits so they are ready to grab and eat.

**Serve it!**
- For kids, the size of the palm of their hand is a good measure for what makes up a serving size.

**Eating time.**

**Family meal time.**
- Do not underestimate the importance of family mealtime; take 10-15 minutes to sit down together.
- Get your family involved with planning and cooking meals.

**Try it!**
- Try-a-bite rule—offer new fruits and veggies and encourage everyone in the family to try a few bites each time. It can take 7–10 tries to like a new food.
- Most people prefer crunchy foods over mushy ones. Enjoy them fresh or lightly steamed.

**Fun rewards. Not food rewards.**

Have your family put together a list of fun, non-food rewards that don’t cost much. Post your list where the whole family can see it. Examples: playing outdoors, a family game night, going to a ball game, visiting the library or extra reading time before bed.