



# 5-Go Green

Year of Being Well

## Increase Fruits and Vegetables

Incorporating more fruits and vegetables into your family’s diet sounds easy. But many families can’t easily get to stores that sell fresh fruits and vegetable. And it can be even harder to get kids who aren’t used to eating healthy items to try them. The proof is in the numbers: Only 20 percent of high school students report eating fruits or green vegetables five or more times a day.



It can be hard for parents to fill their children’s stomachs with apples, grapes, broccoli, or green beans rather than fill them with junk food. And eating a serving of fruit or vegetables at each meal doesn’t even meet the number of daily recommended servings. So how can parents get their kids to consume enough of these essential foods? Three Be Well families found innovative ways to accomplish their goal. – *Susan Dell*



### Quick Tips:

- Remember, when fresh fruit isn’t available, look for frozen or canned fruits and veggies without added salt or sugar. They hold the same terrific nutrient base and are reasonably priced.
- Learn to mix fruits and vegetables into other foods. Add veggies to pasta sauces or casseroles.
- Make fruits and vegetables fun. Try dressing up sandwiches with faces and smiles made from fruits and vegetables. Low-fat dips like low-fat peanut butter and light dressings are perfect for dipping veggies.
- Bring kids shopping to help select the produce they want to enjoy each week. Challenge them to try a different fruit or vegetable each

### Did you know:

- Studies show that people who consume many foods and drinks with added sugar tend to consume more calories than people who consume fewer of these foods.

*National Heart Lung and Blood Institute*

- Serve fat-free and low-fat dairy foods. From ages 1 to 8, children need two cups of milk or its equivalent each day. Children ages 9 to 18 need three cups.

*American Heart Association*

#### Important tips:

- Small steps can have a big impact
- Choose one or two steps to begin each month

Find more information at [www.BeWellBook.org](http://www.BeWellBook.org)

Build a Salad

Name: \_\_\_\_\_  
 Period: \_\_\_\_\_  
 Date: \_\_\_\_\_

Product	Serving Size	Calories	Fat (grams)
Romaine Lettuce	1 cup Shredded	8 cal	1 g
<b>Dressing Type</b>			

List 5 fruits and/or vegetables you like to eat.

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\_\_\_\_\_

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**Reflection Questions**

What part of a salad contains the most calories?  
 \_\_\_\_\_

How often do you incorporate fruits and vegetables into meals? \_\_\_\_\_

Do you take a multivitamin to supplement the nutrients and vitamins? \_\_\_\_\_