

Smart Eating Makes the Grade!

Colour Your Plate with Vegetables and Fruit

Vegetables and Fruit Taste Awesome!

It is possible to teach kids to enjoy vegetables and fruit. Offer vegetables and fruit in different ways so that kids can learn how they like to eat them.

Vegetables and fruit help you stay healthy.

They are loaded with vitamins, fibre and antioxidants, all known to fight disease and allow your body to perform at its best.



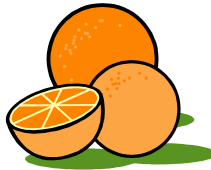
Choose the darker colors more often to get more vitamins and minerals.

Keep the skin on the vegetable and fruit to get more fibre.

Try choosing vegetables and fruit more often than juice.

You'll get more fibre and other important nutrients from fresh veggies and fruit.

When choosing juice, look for products that are 100% unsweetened juice.



How many vegetables and fruit should my kids eat?

| Age (years) | # of Food Guide Servings of Vegetables and Fruit |
|-------------|--|
| 2-3 | 4 |
| 4-8 | 5 |
| 9-13 | 6 |
| 14-18 Girls | 7 |
| 14-18 Boys | 8 |

* 1 serving is equal to about $\frac{1}{2}$ cup (125 ml)

Key Nutrition Points

- Children and adolescents have an average of 4.5 servings of vegetables and fruit a day.
- Seven out of 10 children aged 4 to 8 do not meet the five-serving minimum of vegetables and fruit.
- Most children need to be introduced to a new food over 10 times before they will try it.



Rainbow of Vegetables and Fruits

| Red | Orange / Yellow | White | Green | Blue/Purple |
|------------------------|--------------------------|--------------------|-------------------|---------------------------|
| - Blood Oranges | - Apricots | - Bananas | - Avocados | - Blackberries |
| - Cherries | - Cantaloupe | - Brown Pears | - Green Apples | - Blueberries |
| - Cranberries | - Lemons | - Pears | - Apples | - Dried Plums |
| - Pink/ Red Grapefruit | - Mangoes | - Dates | - Green Grapes | - Plums |
| - Red Apples | - Nectarines | - White Grapefruit | - Green Pears | - Purple Figs |
| - Raspberries | - Oranges | - White Nectarines | - Honeydew | - Purple Grapes |
| - Beets | - Papayas | - Cauliflower | - Kiwifruit | - Raisins |
| - Red Peppers | - Peaches | - Garlic | - Asparagus | - Eggplant |
| - Radishes | - Yellow Pears | - Ginger | - Broccoli | - Purple Fleshed Potatoes |
| - Red Onions | - Butternut Squash | - Jicama | - Brussel Sprouts | - Purple Asparagus |
| - Red Potatoes | - Carrots | - Kohlrabi | - Celery | - Purple Cabbage |
| - Red Tomatoes | - Orange Tomatoes | - Mushrooms | - Cucumbers | - Purple Carrots |
| - Rhubarb | - Pumpkin | - Onions | - Green Beans | - Purple Peppers |
| | - Rutabagas | - Parsnips | - Green Cabbage | |
| | - Sweet Corn | - Shallots | - Spinach | |
| | - Yellow/ Orange Peppers | - Turnips | - Peas | |
| | - Yellow Winter Squash | | - Zucchini | |



Gardening 101

Gardening is a great outdoor activity you can do with your kids. It can start in the yard, garage, patio or windowsill and can grow into a new hobby or skill.

Gardening is also a great way for kids to learn about vegetables and where food comes from. Visit www.kidsgardening.com and go to the 'family room'.



Fun Veggie & Fruit Snack Ideas

- ◆ Baby carrots or carrot sticks
- ◆ Celery sticks with peanut butter or cheese
- ◆ Apple wedges
- ◆ Strawberry slices
- ◆ Grapes
- ◆ Banana slices
- ◆ Cherry tomatoes
- ◆ Cucumber slices
- ◆ Tomato and vegetable juices

The Bottom Line

Vegetables and fruit are a part of a balanced diet and can easily be enjoyed at each meal or snack. They are packed with vitamins, fibre, and antioxidants and help kids stay healthy and strong! Parents/caregivers are great role models for teaching kids how to incorporate vegetables and fruits into their daily lives.

Very Vegetable and Fabulous Fruit Strategies:

Get everyone involved.

Children can help in the kitchen by doing things such as setting the table, washing vegetables or mixing ingredients. New vegetables won't seem so foreign after they've helped to prepare them.

Practice what you preach.

Many adults don't eat the minimum recommended serving of vegetables and fruit each day. If time is an issue, skip cooking the vegetables and serve them raw with a lower fat, yogurt dressing as a dip.

Introduce a new vegetable or fruit with a familiar one.

Continually introduce new vegetables and fruit when your children are young and there is a better chance they'll be open to trying it later.



Awesome Apple and Raspberry Crisp

6 cups (1.5L) sliced peeled McIntosh apples
1 pkg (300g) unsweetened frozen raspberries (1 ½ cup/375 ml fresh)
1/3 cup (75ml) granulated sugar
2 tbsp (25ml) whole-wheat flour
2 tsp (10ml) cinnamon

Directions: In an 8 cup/2L baking dish, combine apples and raspberries (thawed or frozen).

In small bowl, combine sugar, flour, and cinnamon; add to fruit and toss to mix.

Topping: Combine rolled oats, sugar and cinnamon. With pastry blender or 2 knives, cut in margarine or butter until crumbly. Sprinkle over top of fruit mix.

Bake at 350°F/180°C in oven for 55 minutes or microwave at high power for 15 min. Or until mixture is bubbling and fruit is barely tender. Serve warm or cold.

Topping:

1 cup (250ml) quick-cooking rolled oats
¼ cup (50ml) packed brown sugar
1 tsp (5ml) cinnamon
¼ cup (50 ml) non-hydrogenated margarine

Adapted from the Heart and Stroke Foundation

