

Be creative

- 🍏 Add vegetables to soups, pasta and casseroles.
- 🍏 Add fruit to yogurt or cereal.
- 🍏 Add frozen green vegetables to smoothies.
- 🍏 Try new fruits and vegetables when they are in season.
- 🍏 Offer fruits and veggies as part of snacks. Examples: grapes and cheese; baby carrots and yogurt dip; apple slices and peanut butter.

Stay healthy on the go

- 🍏 Keep a cooler in your car. Then your child can have healthy foods rather than fast food while you drive to sports or other activities.
- 🍏 If you don't have time to prepare snacks, look for pre-packaged fruits, vegetables and other healthy snacks.

Keep trying

Children may decide quickly that they don't like a food. But it can take 10 or more tastes of a new food before a child likes it. If your child didn't like a new food last month, try it again soon.



Be a role model

Your kids watch what you do. They are more likely to adopt healthy habits if they see you make good food and drink choices for yourself.

Did you know?

Eating plenty of fruits and vegetables helps children:

- 🍏 Grow and develop well.
- 🍏 Learn and play at their best.
- 🍏 Have more energy and a better mood.
- 🍏 Stay at a healthy weight.
- 🍏 Have a lower risk for conditions such as diabetes and heart disease.

Healthy habits learned as a child lead to healthy habits as an adult.

To learn more about how to help teach your child to eat well, talk with a member of the health care team.

This material is for your education and information only. This content does not replace medical advice, diagnosis or treatment. New medical research may change this information. If you have questions about a medical condition, always talk with your health care provider.

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200 First Street SW | Rochester, MN 55905

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Healthy Kids: Eat Well!

Eat **5** servings
of fruits and vegetables



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Eat 5!

Fruits and vegetables are full of vitamins and nutrients your child needs to grow strong and stay well.

Your child needs at least **5** servings of colorful fruits and vegetables a day.



For kids, a serving of fruit or vegetables is the amount that fits in the palm of their hand.

Have you heard of “eating the rainbow”? It can remind your child to eat many different colors of fruits and vegetables.



What You Can Do

Involve your child

Children are more likely to eat foods they choose and help to make.

- 🍏 Let your child help plan and prepare meals and snacks.
- 🍏 Take your child to the grocery store. Talk about how different foods help the body.
- 🍏 Have your child help you make a list of healthy snacks. Post it on the refrigerator or cupboard.
- 🍏 Make it fun! Play a game to see who in your family can name the most fruits and vegetables. Or who can name foods with the most crunch.
- 🍏 Plant a garden. Your kids may be more excited to try vegetables they grow.

Make the healthy choice easy and affordable

- 🥕 Keep healthy, easy-to-grab foods within reach in a low cupboard and in the refrigerator.
- 🥕 Replace junk foods with healthy snacks.
- 🥕 Cut fruits and vegetables into sticks or small chunks.
- 🥕 Buy fresh or frozen fruits and vegetables in bulk. Sort, cut and put them in small plastic snack bags.
- 🥕 Plan a week’s worth of meals and snacks on Sunday. Then you’re less likely to serve fast food or go out to dinner.

