

Fruits and Vegetables

KIDS CREATE NUTRITION NEWSLETTER

Kids
CREATE

NOURISHING KNOWLEDGE

- Eating a variety of fruits and vegetables not only makes meals more colorful and appealing, but also ensures children get a wide range of nutrients.
- Whole fruits and vegetables provide important vitamins and minerals to encourage children's growth and active play; they also have fiber to support digestive health.
- Fresh, frozen, and canned fruits and vegetables are all good choices.
- Different colors indicate different beneficial compounds.



Red (e.g., tomatoes, strawberries): Rich in antioxidants like lycopene and anthocyanins, which reduce the risk of cancer, protect the heart, reduce inflammation, and flush harmful substances from the body.



Orange/Yellow (e.g., carrots, oranges): High in vitamins A and C, promoting eye health and immune function.



Green (e.g., spinach, broccoli): Packed with vitamins K and C, folate, and iron. These nutrients provide energy, improve thinking, and keep blood and bones healthy.



Blue/Purple (e.g., blueberries, eggplant): Contain anthocyanins, which support heart health, boost mood, and maintain cellular health.

HEALTHY HABITS

- When caregivers choose to eat fruits and vegetables, they model healthy behaviors for children.
- Half of MyPlate is fruits and vegetables. Use this model when preparing meals at home.
- Allow kids to participate in meal preparation. Kids are more likely to eat foods they helped make.
- It may take children 10 or more tries before they like new fruits or vegetables.

MAKE IT FUN

Edible Art!

Create pictures on a plate using fruits, vegetables, and whole grains. Make food into shapes like animals, faces, or a beautiful landscape. Include dips like yogurt, hummus, or nut butter.



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Use the MyPlate Plan at [MyPlate.gov](https://www.MyPlate.gov) to find an eating plan that is right for your child.