

Load Up On Fruits And Veggies

Eating more fruits and vegetables has many advantages beyond just supporting good weight management. Consider having better skin, fewer wrinkles, gums and teeth that are healthier, and a lower risk of contracting infections. We can have a tremendous impact as parents in ensuring that our families consume plenty of fruits and vegetables rich in vitamins and minerals.



GETTING HEALTHY TOGETHER!

Make smoothies, slushies', or healthy shakes! Your kids can "drink their fruit" by blending ice with fruit, yogurt, and/or a little amount of low-fat milk. You can even sneak in some carrots for a yummy breakfast beverage.

Freshly squeezed fruit juice popsicles! Use the juice from the freshly squeezed fruit like lemon, watermelon, or oranges. Freeze them in ice cube trays or popsicle molds.

Serve a raw veggie platter with various dips! Keep carrots in a glass of water to keep them crisp and ready for a fast snack. Add veggies or fruit to the baked goods your family already loves. Try out healthy dips like guacamole, hummus, or ranch.

Serve soup with extra veggies! Sneak them in, shredded or cooked, and your family will get a healthy bonus. They may not even notice the difference.

Get fruity with your peanut butter! Serve apple slices or grapes with peanut butter, or try a peanut butter and banana sandwich.

Dining Out Tips

Make healthy swaps! Instead of fries, swap it with apples, berries, or salad.

Order the kids meal to cut your portion sizes in half.



USDA Winter Recipes

