

LUNCHTIME NUTRITION GUIDE



Fruits, Veggies, and Their Benefits



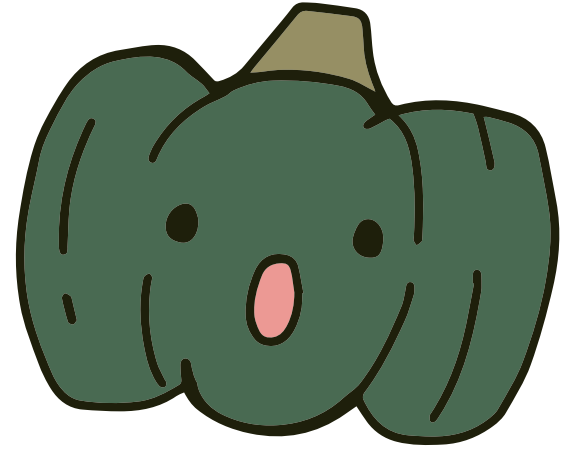
Transforming People...Changing Lives



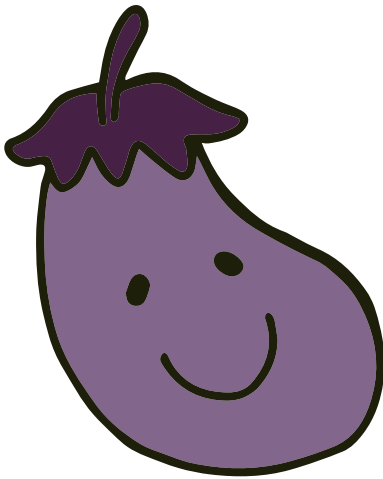
QUICK TIPS FOR A HEALTHY MEALTIME

1. Offer fruits and vegetables first and last when passed around the table.

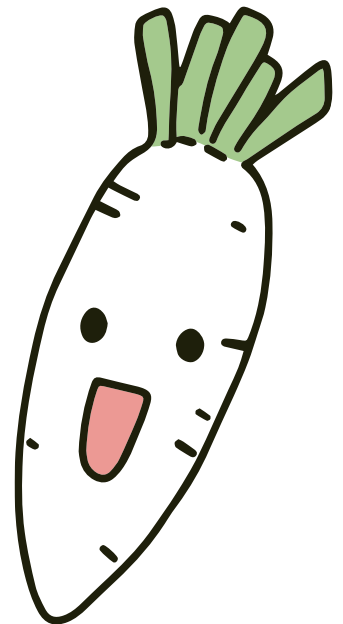
2. Encourage children to at least try a new food. It can take 8-15 exposures to a new food for a child to develop a likeness.



3. Don't reward kids for cleaning their plate. Caregivers provide food, but it is the child's choice to decide what and how much they eat of the food that's offered. While we want to encourage kids to try new foods, you should never encourage children to eat past their fullness. By letting the child decide how much to eat, kids learn to eat when your body is hungry and stop when your body is full.



4. Choose non-food rewards to reinforce good behaviors. When food is given as a reward, children start to connect it with something good or bad, rather than to see food as fuel for their body. In the long run, this could lead to emotional eating as adults and generate an unhealthy relationship with food.



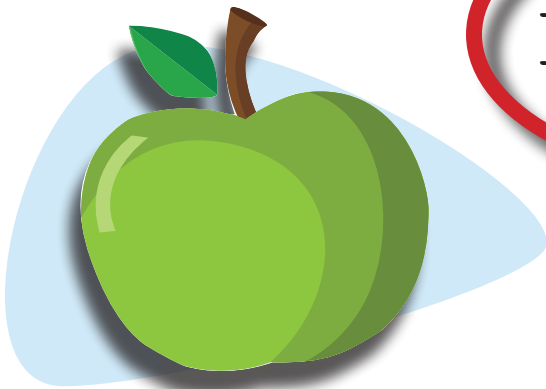
HOW TO USE THIS GUIDE

THE FOLLOWING PAGES OF THIS GUIDE ARE WAYS TO TALK ABOUT FRUITS AND VEGGIES WITH KIDS, AND IDEAS FOR ENCOURAGING THEM TO TRY NEW FOODS.

These quick facts tell you the different health benefits of each fruit or vegetable.

APPLES

- Digestion health
- Hydration
- Lowers risk of chronic diseases



VITAMIN C

FIBER

WATER

"HELPS KEEP YOU FROM GETTING SICK"

The pink highlighted area tells you about primary nutrients in each fruit/vegetable.

The quote section gives you some ideas on how to talk to kids about the benefits of nutrients offered by each fruit/vegetable.

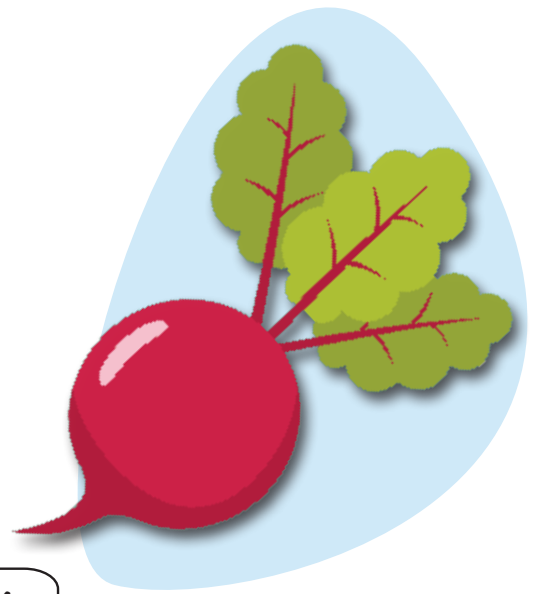
BEETS

VITAMIN C

FOLATE

POTASSIUM

- Brain function
- Energy, growth, and development
- Strong bones



"HELPS YOUR HEART GROW STRONG AND HEALTHY"

BROCCOLI



- Strong bones
- Strong muscles
- Heart health
- One of the vegetables with highest amount of calcium

VITAMINS

G K

CALCIUM

POTASSIUM

"HAS LOTS OF CALCIUM AND HELPS YOU BUILD STRONG BONES"

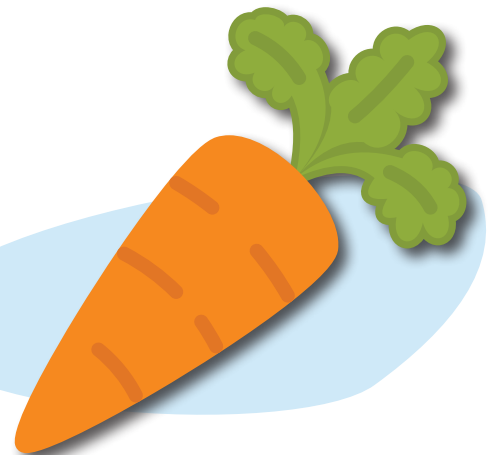
CARROTS

VITAMINS

A, G, K

POTASSIUM

- Eye health
- Strong bones and teeth
- Hair and nails
- Immune system



"GOOD FOR YOUR EYES AND HELPS YOU SEE - EVEN IN THE DARK!"

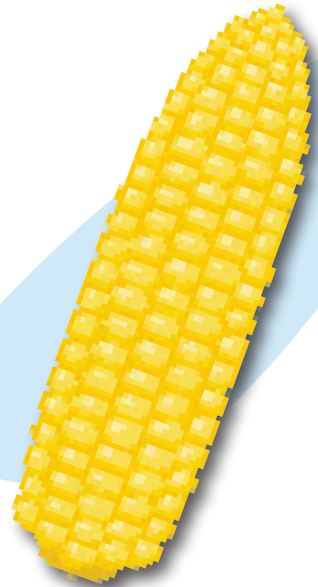
CORN

VITAMIN C

POTASSIUM

FIBER

- Healthy blood pressure
- Immune health
- Eye health



"PROTECTS YOU FROM DISEASE AND HELPS YOUR TUMMY DIGEST YOUR FOOD"

LETTUCE



- Eye health
- Hydration

VITAMINS
A, K

"KEEPS YOUR EYES HEALTHY AND HELPS KEEP YOU FROM GETTING THIRSTY"

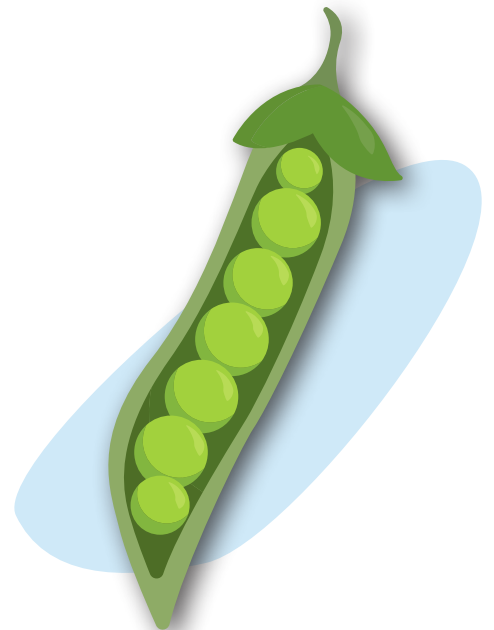
PEAS

VITAMINS
B, C

FIBER

IRON

- Helps make red blood cells
- Digestive health



"HELPS KEEP YOUR BLOOD HEALTHY AND YOUR TUMMY DIGEST FOOD"

SPINACH



- Eye health
- Strong bones
- Energy
- Growth
- Blood clotting

VITAMINS

A, C, K

IRON

CALCIUM

"HELPS YOU BUILD STRONG BONES AND MUSCLES"

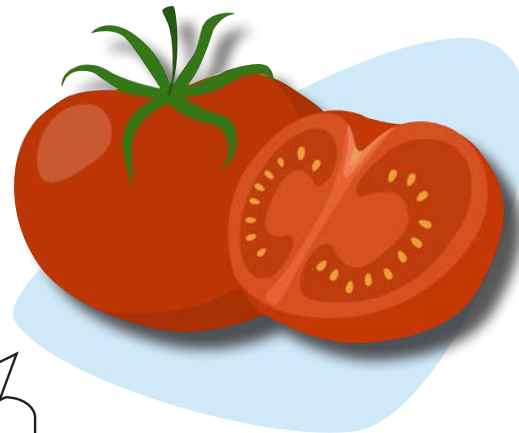
TOMATOES

VITAMIN C

FOLATE

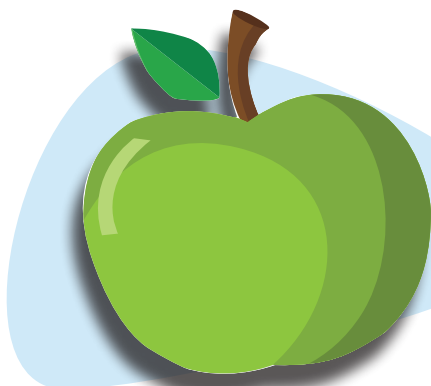
POTASSIUM

- Heart health
- Immune health
- Healthy blood flow and blood pressure



"KEEPS YOUR HEART AND BLOOD HEALTHY"

APPLES



- Digestion health
- Hydration
- Lowers risk of chronic diseases

VITAMIN C

FIBER

WATER

"HELPS KEEP YOU FROM GETTING SICK"

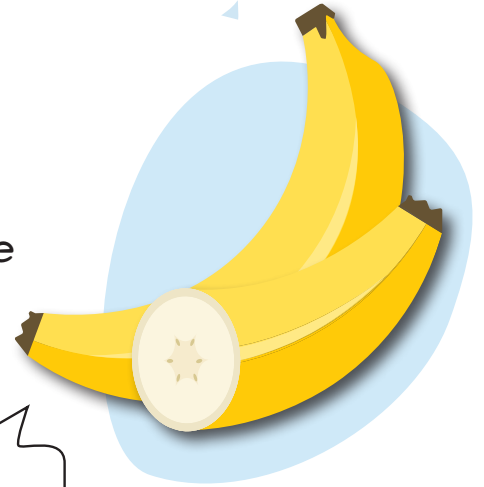
BANANAS

VITAMIN C

- Gives you energy
- Helps prevent muscle cramps

POTASSIUM

- Heart health
- Energy



"KEEPS YOUR HEART HEALTHY AND GIVES YOU ENERGY"

CANTALOUPE



- Eye health
- Immune health
- Good for your skin

VITAMIN C

FIBER

POTASSIUM

"HELPS YOU SEE, KEEPS YOU FROM GETTING SICK"

HONEYDEW

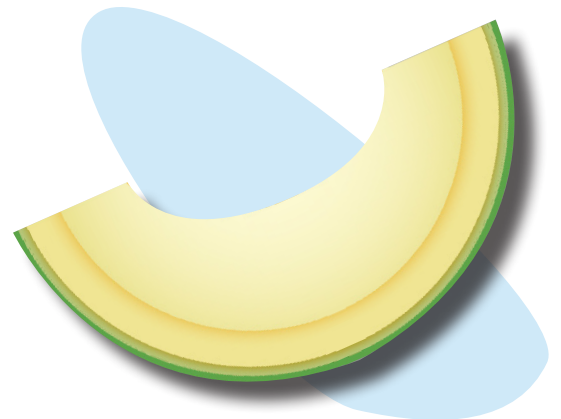
VITAMINS

C K

- Skin health
- Strong bones
- Hydration and electrolytes

FOLATE

POTASSIUM



"GIVES YOU STRONG BONES AND HEALTHY SKIN"

ORANGES



VITAMIN C

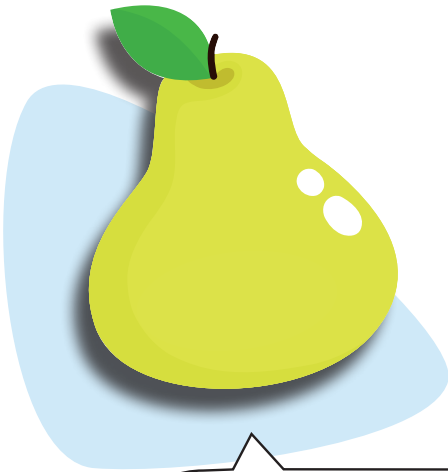
- Protects from cell damage
- Boosts immune system
- Helps promote smoother skin and wound healing

FIBER

FOLATE

"HELPS KEEP YOU FROM GETTING SICK AND HELPS YOU HEAL FROM SCRAPES AND SCRATCHES"

PEARS



- Immune system health
- Eye and heart health
- Digestive health

VITAMIN C

FOLATE

POTASSIUM

"HELPS YOUR TUMMY FEEL FULL, AND KEEPS YOU FROM GETTING SICK"

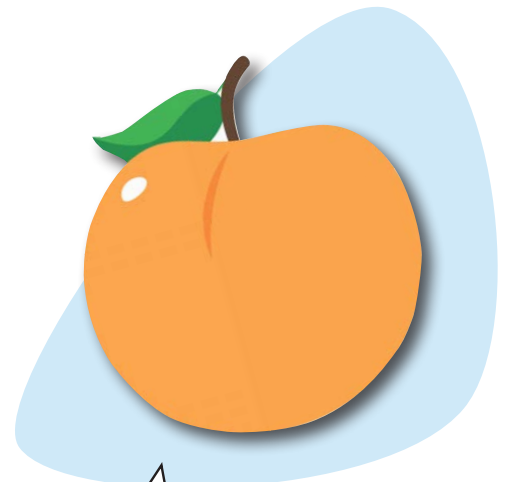
PEACHES

VITAMINS
A, C

FIBER

POTASSIUM

- Immune health
- Helps you heal
- Healthy vision
- Healthy digestion



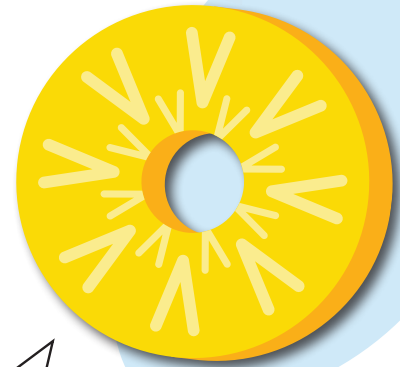
"HELPS YOUR BODY HEAL AND HELPS YOU SEE"

PINEAPPLE

VITAMIN C

MANGANESE

- Immune health
- Growth and development
- Energy



"HELPS YOU GROW BIG AND STRONG AND KEEPS YOU FROM GETTING SICK"

STRAWBERRIES



- Immune health
- Helps repair body tissue
- Heart health

VITAMIN C

MANGANESE

"HELPS HEAL SCRATCHES AND BRUISES, AND KEEPS YOUR HEART HEALTHY"

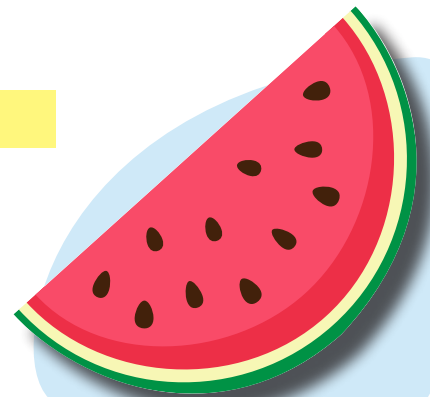
WATERMELON

VITAMINS
A, C

WATER

POTASSIUM

- Hydration
- Immune system
- Heart health



"HELPS KEEP YOU FROM GETTING THIRSTY, AND KEEPS YOUR HEART HEALTHY"