

fun for



fit families

Enjoy whole fruits!

Make Every Bite Count...More Fruits & Veggies

2 year old boys and girls

3 year old girls

1 cup fruit each day

3 year old boys

4 and 5 year old boys and girls

1 ½ cups fruit each day

What counts as ½ cup of fruit?

1/2 cup of fruit – mashed, sliced, chopped

4 ounces 100% fruit juice

¼ cup dried fruit

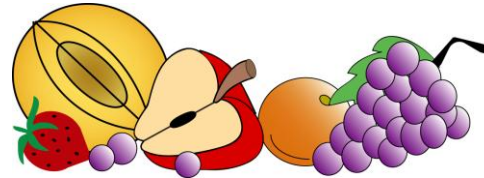
Limit fruit juices to 6 ounces or less each day.

Enjoy whole fruits!

Kid Friendly Fruits

- ♥ **Fruit Dips** – Dip apple slices, pear slices, grapes cut in half in peanut butter or flavored yogurt.
- ♥ **Fruit Slush** – Cut fresh fruit (melon, strawberries, blueberries, peaches, and pears) in large chunks and freeze. Whirl frozen fruit in a blender for a quick snack.
- ♥ **Fruit to go!** Apples, oranges, bananas, pears, peaches, blueberries and strawberries make easy snacks to carry along for hungry kids.
- ♥ **Fruity Peanut Butter Sandwich** – Add sliced bananas, strawberries, peaches or mandarin oranges to your peanut butter sandwich.

December



Simple Snacks

- 😊 Peel an orange and break in segments.
- 😊 Slice a banana into chunks.
- 😊 Cut grapes into halves.
- 😊 Make apple, mango, papaya or kiwi slices.
- 😊 Cantaloupe or watermelon chunks.
- 😊 Strawberries, blueberries, raspberries.
- 😊 Serve fruit canned in its own juice – peaches, pears, apricots, mandarin oranges.
- 😊 Serve applesauce!
- 😊 Dip graham crackers into applesauce.
- 😊 Cut a kiwi in half and eat with a spoon.

Choose fruit canned in its own juice or water!

Peaches canned in heavy syrup - 3.3 teaspoons sugar

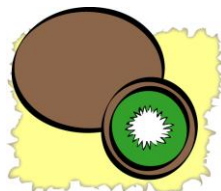
Peaches canned in light syrup - 2.2 teaspoons sugar

Peaches canned in juice - 1.7 teaspoons sugar

Peaches canned in water - .8 teaspoons sugar

(1 cup servings)

Peaches and juice have some natural sugar.



Bundle up and enjoy the winter!

Move More...Watch Less

- ❄️ **Play outside!** Children who go outside to play are more active. Walk to the park or school playground.
- ❄️ **Shovel snow!** Buy a small shovel for your child. Ask him to help you shovel snow. Small children love to copy what their parents do.
- ❄️ **Make snow angels.** Lay on your back in the snow. Move your arms up and down to create “wings” in the snow.
- ❄️ **Build snow forts or snow houses.** Make paths through the snow. Play tag in the snow.
- ❄️ **Build a snowman.** Roll up 3 large snow balls and stack them on top of each other. Add stones and sticks to create a face. Dress your snowman with old clothes.
- ❄️ **Create snow animals.** Build a cat, dog, snake, bear or pig out of snow.
- ❄️ **Take a walk in the zoo or park.** Talk about how animals live and sleep in the winter.



Juice or Sugar Water?

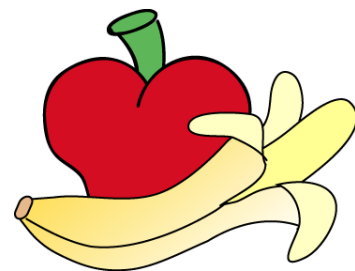
Make Every Sip Count...
More Healthy Beverages

There are many “fruit drinks” that have very little nutrition and lots of sugar.

Some have 10% fruit juice.
Some have 25% fruit juice.

Buy the best!
**Buy 100% fruit juice
for your child!**

Real fruit juice does not have added sugar.



Make “Ants on a Banana”

Slice a banana lengthwise.
Spread lightly with peanut butter.
Top with raisins and eat!

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