Fruits and Vegetables are Good for You!

Tasty BREAKFAST Ideas

**Why are fruits and vegetables healthy foods for your child to eat?**
- Provide fiber for good digestion
- Promote a healthy heart
- Help maintain a healthy weight
- Provide Vitamin A and C for good health

**How many fruits and vegetables should your child eat each day?**

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<thead>
<tr>
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<th>Servings</th>
<th>Serving Size</th>
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<tbody>
<tr>
<td><strong>Fruits</strong></td>
<td>2 - 4 each day</td>
<td>♦ ½ - 1 medium fruit&lt;br&gt;♦ ½ cup 100% fruit juice&lt;br&gt;♦ ¼ - ½ cup chopped, cooked or canned fruit</td>
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<tr>
<td><strong>Vegetables</strong></td>
<td>3 - 5 each day</td>
<td>♦ ¼ - ½ cup cooked or chopped raw* vegetables&lt;br&gt;♦ ½ - 1 cup raw* leafy vegetables&lt;br&gt;♦ ½ cup vegetable juice</td>
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*Caution: These foods may cause choking, especially in children under 4 years old.

**Eat fruits and veggies and your kids will too!**

**Spinach, Cheese and Egg Scramble** (makes 2 child-size servings)
- 1 cup chopped spinach*
- 1 egg*
- ¼ cup low-fat cheese,* shredded

Beat egg and add chopped spinach. Add non-stick cooking spray to skillet and add egg and spinach mixture. Cook on medium-heat. Top with low-fat cheese.

**Fruit Smoothie** (makes 6 child-size servings)
- 1 cup frozen berries* (try blueberries or strawberries)
- 1 banana,* sliced
- 1 cup low-fat yogurt

Combine all ingredients in blender and blend until smooth.

**Tropical Fruit Cup** (makes 6 child-size servings)
- 1 cup diced, canned or fresh pineapple*
- 1 cup sliced banana*
- 1 cup orange slices*

Mix together fruit. Serve chilled.


*WIC supplemental food