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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| Fruits | 2 - 4 each day | ♦ ½ - 1 medium fruit  
♦ ½ cup 100% fruit juice  
♦ ¼ - ½ cup chopped, cooked or canned fruit |
| Vegetables | 3 - 5 each day | ♦ ¼ - ½ cup cooked or chopped raw* vegetables  
♦ ½ - 1 cup raw* leafy vegetables  
♦ ½ cup vegetable juice |

*Caution: These foods may cause choking, especially in children under 4 years old.

Eat fruits and veggies and your kids will too!

**Easy Glazed Carrots** (makes 8 child-size servings)

- 16 ounces baby carrots*
- 2 tablespoons butter
- ¼ cup brown sugar, packed
- 1 cup water

Combine all ingredients in a medium saucepan. Bring to a boil over high heat. Reduce heat to medium. Continue boiling for 25 minutes.

**Sautéed Broccoli and Red Bell Pepper** (makes 8 child-size servings)

- 1 bunch broccoli,* cut into florets
- 1 red bell pepper,* diced
- ¼ cup diced onion*
- 1 tablespoon olive oil

Add olive oil to pan and heat. Add broccoli and cook for 4 minutes over medium high heat. Add onion and red pepper and cook for 3 more minutes.

**Cooked Apples** (makes 8 child-size servings)

- 4 apples,* peeled, cored, and sliced (try McIntosh or Granny Smith)
- 1 tablespoon sugar
- ¼ teaspoon cinnamon
- 1 ½ tablespoons water

Combine all ingredients in a saucepan. Simmer on low heat until tender.

For more information, go to http://bit.ly/usda_fruits_veggies

*WIC supplemental food