Fruits and Vegetables are Good for You!

Tasty LUNCH 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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| 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!

**Sweet Potato Fries** (makes 4 child-size servings)

- 2 sweet potatoes*
- 1 tablespoon olive oil
- ¼ teaspoon cinnamon

Peel potatoes. Cut each in half lengthwise. Cut each half into 6 wedges. Place in bowl and toss with olive oil to coat. Spread on baking sheet and sprinkle with cinnamon. Bake at 400 °F for 30 minutes.

**Vegetable Cheese Wrap** (makes 2 child-size servings)

¼ cup diced avocado*

- ¼ cup diced tomato*
- ½ cup cheese,* shredded
- 1 whole-wheat flour tortilla*

Layer cheese, avocado and tomato on the tortilla. Wrap and serve with salsa.

**Snappy Fruit Salsa** (makes 4 child-size servings)

- 1 cup diced strawberries*
- 1 banana,* diced
- 1 apple,* diced
- 1 tablespoons fruit preserves (any flavor)

Mix all ingredients in a medium mixing bowl. Refrigerate for at least 15 minutes.


*WIC supplemental food

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