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.

Eating fruits and veggies and your kids will too!

**Celery Boats** (makes 8 child-size servings)
- 4 celery* stalks
- ½ cup peanut butter*
- ¼ cup raisins
- ¼ cup shredded apple*

Spread 2 tablespoons of peanut butter on each celery stalk. Sprinkle raisins and shredded apple evenly over the 4 stalks. Cut each stalk into 2 pieces and serve.

**Avocado Dip** (makes 12 child-size servings)
- 2 medium ripe avocados* (peeled and chopped)
- 1 tablespoon lemon juice
- ¼ cup salsa*

Toss avocado and juice in bowl. Add salt. Mash with a fork. Cover and store in refrigerator. Serve with your favorite raw vegetables.

**Speedy Fruit Bags** (makes 2 child-size servings)
- 1 apple,* sliced
- ½ cup pineapple or orange juice*

Dip slices in juice keep them from turning brown. Store apples in plastic snack bags or covered bowls in fridge.

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

*WIC supplemental food