

Easy Ways to Eat More Fruits and Vegetables

Why are they good to eat?

- High in vitamins and minerals.
- They are low calorie.
- They are high in fiber to keep you full.
- They are an important part of a healthy and balanced diet.

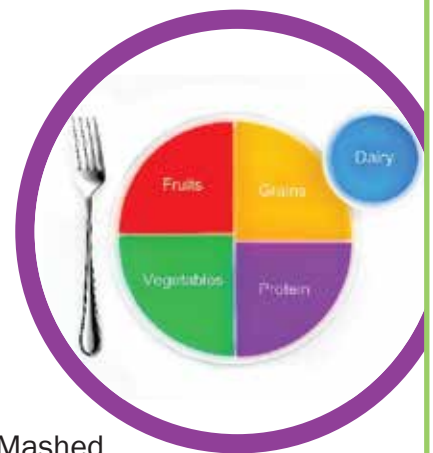
Tips on how you can get your family to eat more fruits and vegetables:



1. Fill half of your child's plate with fruits and vegetables at each meal. Doing this makes it more likely they will get their 2.5 cups of fruits and vegetables per day.

2. Eat a variety of fruits and vegetables while pregnant and breastfeeding. Babies can taste the different flavors of what you eat.

3. About 6 months of age, give mashed fruits and vegetables. Mashed bananas, sweet potatoes, avocados, and pureed peas and carrots are all great options to introduce your baby early on.



4. Offer different kinds of fruits and vegetables. Children may need to be exposed to new foods 10-12 times before they eat it regularly. Do not give up!

5. Eat fruits and vegetables in front of your child. They may want to eat them too.

6. Have your child help shop and make fruits and vegetable dishes.



WIC Farmers' Markets Checks

WIC offers a limited number of checks that can be used at local WIC approved Farmer's Markets.

- A great place to try new fruits and vegetables!
- Checks can be used to buy fresh fruits, vegetables, and fresh cut herbs.
- Call us if you would like Farmer's Market checks.
- Limited checks available from June until gone.



INGREDIENTS

- 1 cup fresh blueberries
- 4 mandarin oranges (1 can of mandarin oranges can be used)
- 1 cup fresh strawberries, sliced
- ½ cup green grapes, halved
- 2 bananas, sliced
- 3 TBSP orange juice or orange juice concentrate

A WIC Fruit Salad for the Family to Try

DIRECTIONS

Combine all ingredients in a large bowl and mix well. Refrigerate until ready to serve.

- Have your children help!
- All ingredients can be bought with WIC benefits and some you can find at Farmer's Market!