



## How much to do you need?

### Children

- 2-3 years old: 1 cup fruit, 1 cup vegetables
- 4-8 years old: 1 to 1.5 cups fruit, 1.5 cups vegetables

### Girls

- 9-13 years old: 1.5 cups fruit, 2 cups vegetables
- 14-18 years old: 1.5 cups fruit, 2.5 cups vegetables

### Boys

- 9-13 years old: 1.5 cups fruit, 2.5 cups vegetables
- 14-18 years old: 2 cups fruits, 3 cups vegetables

Fruits and vegetables contain vitamins and nutrients and can be enjoyed all year fresh, frozen, canned, or dried.

## Bunny Bread Recipe

### Ingredients:

- 1/2 cup all-purpose flour
- 1/2 cup whole-wheat flour
- 1/4 teaspoon salt
- 1/4 teaspoon baking soda
- 1/4 teaspoon baking powder
- 1 teaspoon cinnamon
- 1 egg
- 1/3 cup canola oil
- 2/3 cup unsweetened applesauce
- 1 teaspoon vanilla extract
- 1 cup grated carrots
- 1/3 cup raisins, soaked in warm water and drained

### Directions:

1. Grease and flour a loaf pan.
2. Preheat oven to 325°F.
3. In a medium bowl, whisk together the first all-purpose flour, whole-wheat flour, salt, baking soda, baking powder and cinnamon.
4. In a large bowl, beat together egg, oil, applesauce and vanilla extract.
5. Add dry ingredients to wet ingredients and beat until combined. Stir in carrots and raisins.
6. Pour batter into prepared pan.
7. Bake 50 to 60 minutes, until a toothpick comes out clean.
8. Remove from oven and cool in pan on wire rack for 10 minutes.
9. Remove from pan and cool completely.

<http://www.eatright.org/resource/food/planning-and-prep/recipes/bunny-bread-aka-carrot-bread-recipe>



# Fruits and Vegetables

How to get your children to eat more fruits and vegetables



**PATCH**

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## Where to Start

- Let your child pick one new fruit or vegetable to try every time you go to the grocery store or farmers market. A fun game could be to find a fruit or veggie in every color of the rainbow.
- Get them interested by having the children look at cook books or magazines to find fruits, veggies, and recipes to try.
- For a snack, prepare cut-up vegetables or fruit with a dip or use cookie cutters or melon ballers to make different shapes.
- Have the children help with washing, peeling, and slicing (if they are old enough).

## Making Meals Nutritious and Delicious

- **Build Flavorful Sandwiches:** Try adding slices of fruits like pineapple and apples or vegetables like cucumbers and grilled eggplant to incorporate different textures and flavors to sandwiches.
- **Bake with it:** Applesauce, bananas or avocados can be used in place of butter and oil when baking breads, muffins, or pancakes. Shredded zucchini, carrots, and dried fruits are other great options for adding nutrients and flavor to baked goods.
- **Create a Salad:** Add color to your salad by adding fruits like mandarin oranges, blueberries, or grapes and vegetables like radishes, broccoli, and beets.
- **Make Fruity Sauces:** Puree strawberries, nectarines, or lilikoi to make a sweet sauce to put on top of pancakes and waffles or grilled chicken and seafood.
- **On the go:** Take a starfruit, peach, or bag of celery to snack on while you travel.



## More Ways to Enjoy Fruits and Veggies

- Try adding different vegetables onto pizzas such as broccoli, sundried tomatoes, and spinach.
- Use fruits such as cherries, raspberries, and mangoes to top low-fat yogurt and granola or oatmeal.
- Top whole wheat bread with peanut butter and bananas or sliced avocado and tomatoes or hummus and cucumbers.
- Use vegetable purees such as pumpkin or peas to thicken soups and provide an extra boost of nutrients.
- Make kebabs using wooden skewers and cubed fruits such as honeydew melon, watermelon, and apricots or vegetables such as zucchini, sweet potatoes, and onions.

Sources:

"All About the Fruit Group." *Choose MyPlate*. 05 Apr. 2017. Web. 05 June 2017. <<https://www.choosemyplate.gov/fruit>>. Duyff, Robertta. "Get Fruits and Veggies to the Plate." *www.eatright.org*. 4 Mar. 2015. Web. 05 June 2017. <<http://www.eatright.org/resource/food/planning-and-prep/snack-and-meal-ideas/get-fruits-and-veggies-to-the-plate>>. "Nutrients and health benefits." *Choose MyPlate*. 12 Jan. 2016. Web. 05 June 2017. <<https://www.choosemyplate.gov/vegetables-nutrients-health>>.