Eat 5 Servings of Fruits and Vegetables Every Day

Help Kids Eat More Fruits and Vegetables

Tips for Parents of Preteens

CALIFORNIA DEPARTMENT OF HEALTH SERVICES

Eat 5 Servings of Fruits and Vegetables Every Day

The *California Children's 5 a Day–Power Play! Campaign* is directed by the California Department of Health Services and the Public Health Institute, and is co-sponsored by the California Department of Education, California Department of Food and Agriculture, American Cancer Society, produce industry, and other agencies concerned with children's health.

The California Department of Health Services is the licensed health authority in California for the National 5 A Day Program of the Produce for Better Health Foundation and the National Cancer Institute.

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California Children's 5 a Day Campaign
Cancer Prevention and Nutrition Section
California Department of Health Services

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For more information about cancer prevention, call the National Cancer Institute's Cancer Information Service at 1-800-4-CANCER.

10/99
6493.14

5 A Day-Power Play! Score Card

Get the whole family in on the fun. Record how many servings of fruits and vegetables you eat each day. When everyone eats 5 A Day, reward yourselves with a fun activity, like a trip to the zoo, a walk in the park, or a game of catch or hoops. It's fun-get out and play!

PRINT NAMES OR INITIALS IN SPACES AT THE RIGHT. ▶						
AT BREAKFAST ▶						
AT LUNCH ▶						
FOR SNACKS ▶						
FOR DINNER ▶						
TOTAL ▶						

How Did I Score?

1-2 servings –
You're a lightweight, reach for more;

3-4 servings –
Looking good, add 1 or 2 more;

5-9 servings –
You're a champion! Keep up the good work! Get your friends to eat 5 A Day too!

Kids Need At Least 5 Servings Of Fruits And Vegetables Every Day For Good Health

Fruits and vegetables help kids grow, develop, and do well in school and sports. Everyone in your family should eat plenty of whole grains, fruits and vegetables and foods that are low in saturated fat and cholesterol. A healthy diet helps adults lessen the chances of developing serious health problems, like cancer, heart disease, stroke, or diabetes. Start your kids off right – teach them to eat 5 A Day!

Power Breakfast

Flapjack Fruit Stack

Arrange chopped bananas, nectarines, strawberries, or peaches into pancake batter that has been poured into a nonstick or lightly greased pan. Top cooked pancakes with additional fruit or fruit sauces.

Pizza Power

Top an English muffin or bagel with tomato sauce, lowfat mozzarella cheese, and slices of mushrooms, peppers, artichoke hearts, or pineapple. Heat in a toaster oven or microwave.

Power Parfait

In a tall glass, layer pieces of fresh, frozen, canned, or dried fruit; nonfat or lowfat yogurt; and lowfat granola cereal.

Shake It Up

Combine one scoop of ice, one cup of fresh fruit, one banana, and 6 ounces of orange juice in a blender container. Blend until smooth. For extra protein, add 2 ounces of soft tofu before blending.

Snack Attacks

Power Play! Trail Mix

Combine chopped apricots, prunes, dates, raisins, or other dried fruit with almond slices and lowfat granola cereal. Eat by the handful. A great snack for hikes!

Simple Salsa

In a small bowl, combine finely chopped tomatoes, white onion, cilantro, and celery. Add lemon or lime juice. Serve with baked tortilla chips.

Lemon-Chili Veggies

Chop cucumber, jicama, or your favorite vegetables into bite-sized pieces. Squeeze fresh lemon juice onto each piece and then lightly sprinkle with chili powder and salt.

Juicy Pops

Combine one cup of orange or apple juice and one cup of cranberry juice. Add 1 cup of finely chopped fresh fruit. Pour the mixture into paper cups and cover with foil. Insert flat wooden sticks or plastic spoons in each and freeze. When frozen, peel away the paper cup and enjoy!

Finish Line

Power Pasta

Add frozen, mixed vegetables or chopped bell peppers to pasta or rice dishes 5-10 minutes prior to the completion of cooking. Add finely chopped or shredded vegetables to pasta sauce or puree vegetables with sauce in a blender.

Oven Fries

Wash potatoes and cut into long wedges. Place potato wedges on a nonstick cooking sheet or broiler pan and spray a light coat of cooking spray. Sprinkle with garlic salt or Italian seasoning. Bake until the potatoes are soft. Switch the oven to broil for the last few minutes to brown the potatoes. Watch carefully so they don't burn!

Quick and Easy Applesauce

Peel and core apples and cut into chunks. Sprinkle with water. Microwave until apples are tender. Add sugar, cinnamon, and vanilla, to taste. Add a dash of lemon juice.

Lunch Plays

Guacamole Dunk Shot

In a bowl, mash a peeled, pitted avocado with small amounts of lime juice, salt, and chopped cilantro. Stir in one chopped tomato. Dip fresh green beans, broccoli florets, cauliflower florets, and jicama sticks into the guacamole. To pack for lunch, put the guacamole and veggies into separate containers.

Spud Stuffer

Microwave a potato, split it open and fill with your favorite chopped vegetables. Top with grated lowfat mozzarella cheese or Parmesan cheese. Microwave until toppings are hot.

PB and B Sandwich

Add sliced bananas and a sprinkling of raisins to your peanut butter sandwich.

Build-Your-Own Wrap

Place lean deli meat, lowfat cheese, and lots of vegetables in the center of a tortilla. Roll the tortilla up and eat. You may want to try lettuce, spinach, tomatoes, onion, cucumber, and sprouts.

What is a serving of fruits and vegetables?

- 1 medium fruit or vegetable
- 1/2 cup fresh, frozen, or canned* fruits or vegetables
- 1 cup salad greens
- 3/4 cup 100% fruit or vegetable juice *(6 ounces)*
- 1/4 cup dried fruit

*packed in 100% juice

- **Ask kids what their favorite fruits and vegetables are for breakfast, snacks, lunch, and dinner.**
- **Take kids to the supermarket and let them pick out a new dried, fresh, canned, or frozen fruit or vegetable to try.**
- **Have your kids help you prepare fruits and vegetables the way they like them.**
- **Keep ready-to-eat fruits and vegetables at home and in kids' lunch boxes.**
- **Help your kids find the fruits and vegetables on the school, restaurant, and fast food menus.**