



Countdown to Health

Try Yummy Snacks!

- Pineapple and mango chunks.
- Apples slices, apple sauce, orange slices.
- Frozen grapes.
- Bananas. Roll them in low fat yogurt and top with granola or other crushed cereal.
- Fresh or frozen strawberries, blueberries, or raspberries.
- Raisins or dried cranberries with some nuts.
- Ants on a log: Celery sticks with peanut or almond butter and topped with raisins or nuts.
- Baby carrots, cucumbers or sliced sweet peppers with low fat dip.



More information and resources at wfyi.org/5210



Anthem Blue Cross and Blue Shield Foundation





FIVE or more fruits & vegetables every day



Let's Get Started!

- Start by making small changes.
- More matters, fill half your plate with fruits and veggies.
- Encourage your family to eat more fruits and vegetables by serving them more often. Kids who are served more fruits and veggies and who see other family members eating more fruits and veggies will eat more.
- Try a bite. Offer fruits and veggies and encourage everyone to try a few bites. It can take 7 to 10 tries to like a new food. Try not to pressure your child and don't complain if he/she refuses; just try again another time.

Eat a Rainbow!

- Colorful vegetables are fun and tasty. The more colorful the veggie, the healthier it is!
- Fruits and vegetables can be fresh, frozen or canned. They're all good for you and your family. Buy and serve fruits canned in their own juice, not in sweetened syrup.
- Try adding vegetables such as zucchini to chili, stew and spaghetti sauces. Some kids are more likely to eat these if they are chopped small.
- Help your kids to create their own garden and grow their own food.
- Keep fruits and vegetables within easy reach.
- Encourage your family to eat three regular meals a day.
- Try to eat at least one meal a day with your family.
- Turn off the TV while you eat.
- Try to serve a fruit or vegetable at every meal and use them as snack choices.
- Get your kids involved in planning and preparing meals and snacks.

