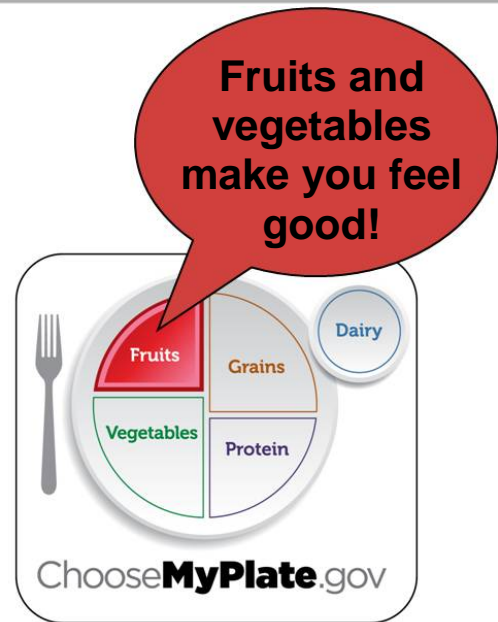
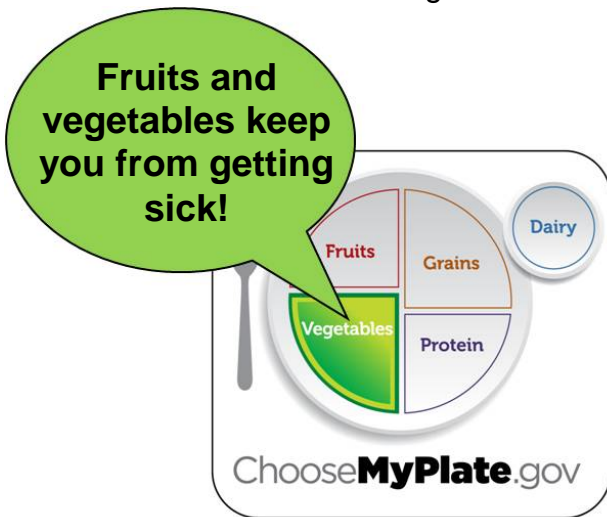


## Fruits and Vegetables will make you feel good and keep you from getting sick!

Fruits and vegetables have nutrients that **make your body feel good and keep you from getting sick**. The nutrients in fruits and vegetables consist of vitamins such as vitamins A, C, and E, which work to **protect the body** by supporting our immune system. In other words, with these vitamins the body has a better chance of fighting off illness causing viruses! In addition, riboflavin, folic acid, and vitamin K **keep your heart and blood healthy**, and potassium keeps muscles working well. All these nutrients keep the body looking healthy too!



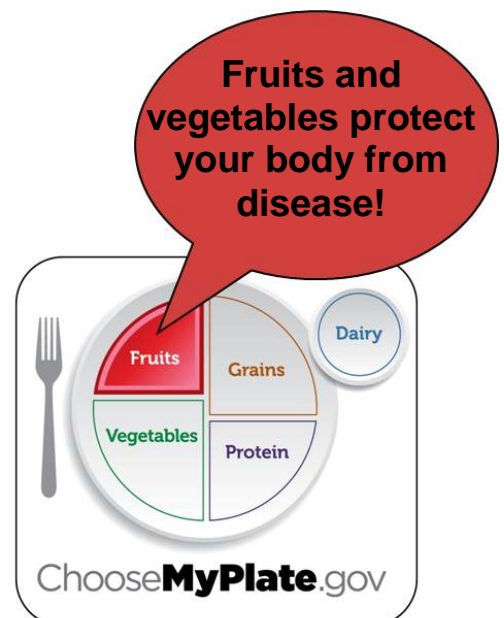
Fruits and vegetables are **good for your skin and keep your hair shiny!**



Fruits and vegetables also provide fiber. The body receives numerous benefits when fiber is consumed. Benefits include preventing constipation, helping you feel full, helping to regulate blood sugar levels, supporting a healthy heart, and reducing the risk for colon cancer.

According to the MyPlate recommendations, children between the ages of 2-5 years should be offered one to two cups of vegetables each day and one to 1 ½ cups of

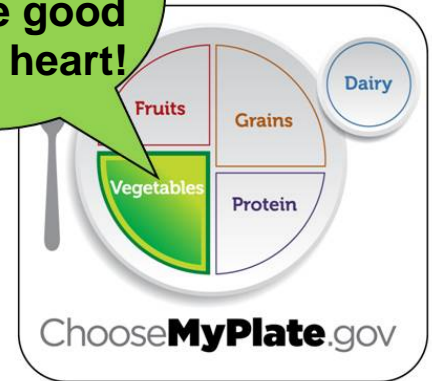
fruit each day. When fruits and vegetables are offered as part of snacks and meals throughout the day, children can meet the recommendation from this group. An additional benefit to offering fruits and vegetables is they provide flavor, texture, and color to meals, too!



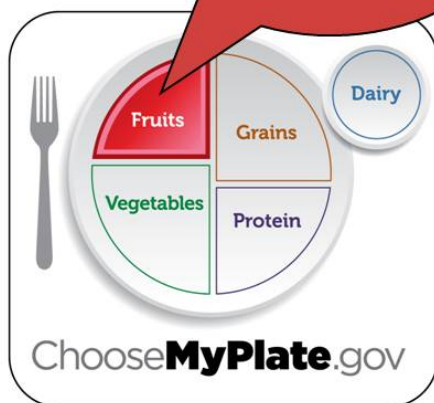
A number of resources are available to help you choose fruits and vegetables. ChooseMyPlate.gov provides a list of fruits and vegetables.

Another website from the Center for Disease Control, offers links to resources to help generate ideas for adding more fruits and vegetables to children's daily diets. To learn more, visit the CDC website <http://www.cdc.gov/nutrition/everyone/fruitsvegetables/index.html>.

**Fruits and vegetables keep are good for your heart!**



**Fruits and vegetables are good for hair and skin!**



When you offer fruits and vegetables to children you are offering foods that:

**Make you feel good!**  
**Keep you from getting sick!**  
**Are good for your skin and will make your hair shiny!**  
**Protect the body from disease!**  
**Are good for your heart!**

**CDC links to:**

Fruits and vegetables

<http://www.cdc.gov/nutrition/everyone/fruitsvegetables/index.html>

Curious as to whether fruits and veggies can help your weight?

[http://www.cdc.gov/healthyweight/healthy\\_eating/fruits\\_vegetables.html](http://www.cdc.gov/healthyweight/healthy_eating/fruits_vegetables.html)

Need some ideas for adding more fruits and vegetables to your daily diet?

<http://www.fruitsandveggiesmorematters.org/>

**MyPlate links to:**

[www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov)

Help your child learn to eat and enjoy a variety of vegetables and fruits.

What are types of fruits and vegetables?

What counts as a serving of fruit and vegetables?

What are some tips to help everyone eat more fruits and vegetables?

How to prepare fruits and vegetables to prevent choking hazards.

Not sure how many fruits and vegetables you should be eating each day?

<http://www.choosemyplate.gov/food-groups/fruits-amount.html>

<http://www.choosemyplate.gov/food-groups/vegetables-amount.html>