

CHL Tips for Increasing Fruit and Vegetable Consumption

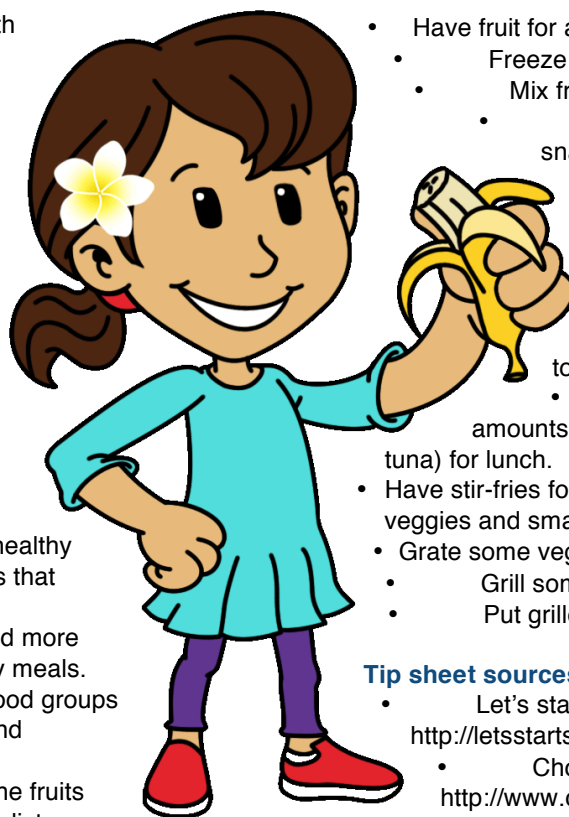
The CHL program partners with community members and organizations to make deliberate choices that lead to healthier children. This tip sheet will assist you in achieving a positive change in the life of your child. Give the following tips a try and stay with them throughout your child's life!

Talk to your family

- Talk with kids about fruits and vegetables and why they are important for everyone in the family.
- During mealtimes, have positive conversations about healthy eating and what kinds of foods that includes.
- Sign a family agreement to add more fruits and vegetables into daily meals.
- Create your shopping list by food groups so kids can easily see fruits and vegetables on the list.
- Have your kids help pick out the fruits and vegetables on the grocery list, starting with the ones they do like.
- Have the kids help wash and put away the fruits and vegetables.
- Buy fresh fruits and veggies in season when they are less expensive and at their peak flavor.
- Keep a bowl of whole fruit on the table or counter.
- Cut up fruit and veggies and keep them at eye level in the refrigerator to remind kids to snack on these nutritious foods when they open the fridge.

Ideas for increasing fruit consumption

- Add some cut-up fruit or dried fruit to your breakfast cereal or oatmeal.
- Blend up a fruit smoothie to enjoy with your breakfast (e.g. guava, mango, pineapple).
- Have fruit for dessert.
- Whip up a quick fruit salad to go along with your meals.



- Have fruit for a snack.
- Freeze fruit for a treat on a hot day.
- Mix fruit into yogurt (papaya, banana).
- Use a dried fruit mix for a to-go snack.

Ideas for increasing vegetable consumption

- Cut veggies into mixed greens for a healthy salad.
- Add tomatoes or spinach to eggs at breakfast.
- Have salad rolls with small amounts of lean protein (e.g. chicken or tuna) for lunch.
- Have stir-fries for dinner that include plenty of veggies and small amounts of lean protein.
- Grate some vegetables into your pasta sauce.
- Grill some vegetable kabobs on the BBQ.
- Put grilled tomatoes on toast for breakfast.

Tip sheet sources and additional resources

- Let's start smart
<http://letsstartsmart.com/PIFFPoster1.php>
- Choose My Plate.gov
<http://www.choosemyplate.gov/food-groups/vegetables-tips.html>
<http://www.choosemyplate.gov/food-groups/fruits-tips.html>
- The Diet Channel
<http://www.thedietchannel.com/Increasing-Fruits-and-Vegetables-in-your-Diet.htm>

Eat more fruits and veggies

- **Children:** 1 cup fruit and 1 heaping cup veggies everyday
- **Adult Women:** 2 cups fruit and 2 ½ cups veggies everyday
- **Adult Men:** 2 cups fruit and 3 cups veggies everyday

Tip sheet developed by Huizhong Wang, v1.1/2013. Adapted for Guam by Rynette DeCastro, v2.8/2013.

For more about this tip or the CHL project, please contact:

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CHL

Children's Healthy Living Program
for Remote Underserved Minority Populations
in the Pacific Region

Enhancing child wellness!

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