



Fruits: colorful, sweet, filling and oh-so-good for you

Choosing an assortment of fruits adds variety to your family's meals. Enjoy the many flavors and textures that fruits add to dishes. The colors of the fruit rainbow—purple, red, green, orange, blue and yellow—make your meal enjoyable. And the oh-so-good for you part? A diet high in fruits and vegetables may help reduce the chance of developing heart disease, diabetes and some cancers. The potassium in some fruits (bananas, melon and orange juice) helps keep blood pressure low, which means a healthier heart.

Fresh, frozen, canned and dried—oh my!

When not in season or available fresh locally, you can choose frozen, canned and dried fruit. If you choose to serve juice, make sure it is 100-percent juice, and keep servings small. Fruit juice contains some nutrients, but it is also a concentrated source of sugar and lacks the fiber found in whole fruit. Choose whole fruit over juice whenever possible.



Wash and rinse to be food safe.

Remember to rinse fresh fruits under running water before using.

Scrub firm-skin fruits with a vegetable brush while rinsing.

Let your kids be produce pickers. Help them pick fruits at the store.

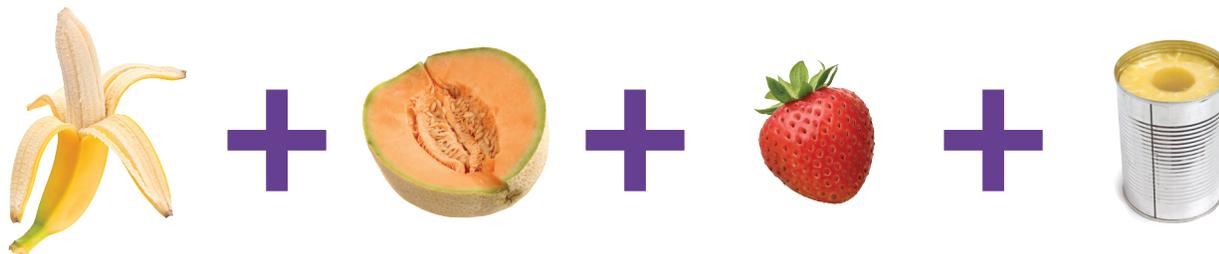
What can you do to help your child choose fruits?

- Use fresh, local fruits. Go online to find a farmers market and recipes at <http://seasonalandsimple.info/> or download the free Seasonal and Simple App.
- Visit markets or pick-your-own farms. Pick different colored fruits.
- Many farmers offer free samples at farmers markets. Sample new fruits with your child.
- When your children come home hungry, have fruits ready to eat.
- Children love to be involved in choosing food. Try the ideas on the next page.

Recipe

Fruit Medleys

Here are some fruit combinations for you to try in a fruit salad you can make at home. What combinations can you and your child create? The possibilities are endless!



Get aerobic, every day, in every way

Physical activity is a part of good health. Make family time active time. Include aerobic activity every day.

What is aerobic activity?

- Dancing
- Riding a bike
- Swimming
- Jumping rope
- Sports like soccer or hockey



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For more information, call MU Extension's Show Me Nutrition Line at 1-888-515-0016.

Need help stretching your food dollars? Contact your local resource center or go online to mydss.mo.gov/food-assistance