

Family Nutrition Newsletter

September 2023



Eating a Rainbow of Fruit

Parents know that eating fruit is a very important part of their child's diet. But did you know that not only do we need to eat fruit everyday, but we also need to eat a variety of different colors of fruit each day.

The colors that we find in the variety of fruits available provide different nutrients that are needed to help kids grow and stay healthy.

Red fruits provide vitamin A and C. Orange and yellow fruits are full of beta-carotene and potassium. Green fruits are a source of vitamin K and folic acid; and purple and blue fruits are packed with anthocyanin. All of these nutrients are needed to help bodies grow and stay healthy.





Simple tips to help your children eat more fruit.



Make fruit available

- Set apples, oranges, and bananas on the counter for easy access
- Wash grapes to store in the fridge
- Slice melons and store in the fridge
- Increasing access, increases the chances fruit will be eaten!

Let Kids Choose

- When at the store, let kids make a few fruit selections to bring home
- When preparing meals or snacks, let kids choose which fruits to serve



Any Fruit is a GOOD Choice

- Whether you prefer fresh, frozen, or canned...any fruit is a good choice!
- If selecting canned fruit, look for those canned in natural juices instead of syrup.
- If selecting frozen, find products without added sugar.
- Buying fresh produce in season will give you the best quality for the best price.

