

February 2013

Top ten for kids

Eat right with colorful fruits and vegetables:

Apricots, broccoli, peaches, carrots, kiwi, romaine, and leaf lettuce, strawberries, spinach, oranges and sweet potatoes

These fruits and vegetables are nutrient dense -

They have lots of vitamins, minerals and other nutrients in a serving compared to other foods.

- Enjoy a dish of canned apricots or peaches with your lunch. Buy fruit packed in 100% juice.
- Chop dark green leaf lettuce or romaine lettuce and add to tacos, quesadillas or sandwiches
- Bake a dark orange sweet potato. Top with chopped ham and shredded cheese for a quick lunch.

