



Easy Ways to 5 A Day Tips for Parents

-  Keep an easy-to-grab pre-washed bowl of fruit on the kitchen counter.
-  Let children help select vegetables from the grocery store for vegetable-based soups such as tomato, split pea or minestrone. Children are more likely to try something they helped make so let them assist in the preparation.
-  Add fruits and vegetables to favorite foods. Put sliced bananas on top of cereal. Add green and red pepper slices to cheese pizza. Put carrot coins in chicken noodle soup. Place slices of tomato inside cheese quesadillas. Add pureed red peppers and zucchini to spaghetti sauce. The possibilities are endless.
-  Serve vegetable toppings on sandwiches such as sliced tomatoes, shredded carrots and different kinds of lettuce.
-  Add diced apples, raisins, or pineapple chunks to chicken, tuna, or pasta salad.
-  Make a quick smoothie using frozen fruit.
-  Decorate baked potatoes with vegetable toppings such as broccoli florets, cauliflower, asparagus, or red or green peppers.
-  Make “Ants on a Log” using celery sticks spread with peanut butter or low-fat cream cheese and topped with raisins.
-  Create melon balls using a melon baller or small spoon. Top with non-fat yogurt.
-  Make “Fruit Kabobs” by threading kiwi, melon balls and apple slices.
-  Share a piece of fruit with your children. They might balk at eating a whole apple, but will often happily eat a piece if you cut it up and share it.
-  **Set a good example.** If children see their parents choosing fruits and vegetables for snacks and at mealtimes, they are more likely to try these foods.
-  **Start at an early age.** Just as children acquire a taste for sweets, they acquire a taste for healthy fruits and vegetables.

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