



How many fruits and vegetables do you and your child consume each day?

1 serving size

Children - the size of their palm

Adults - a serving is a fruit the size of a tennis ball, ½ cup fresh fruit, or ¼ cup dried fruit.

Adults - a serving of vegetables is ½ cup of raw or cooked vegetables, or 1 cup of leafy greens



Contact 5-2-1-0 Coordinator,
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Family Mealtime

- Do not underestimate the importance of family mealtime: take time to sit down together.
- Many hands make light work; get your family involved with meal planning and preparation.

Try it!

- Offer fruits and veggies different ways and try the three bite rule each time; it can take 7-10 tries before you like new food.
- Many fruits and veggies taste great with a dip or dressing. Try a low fat salad dressing with yogurt or get protein with peanut butter.
- Make a fruit smoothie with low fat yogurt. Leafy greens can be added for added nutrition.

Mix it!

- Add fruits or veggies to foods you already make like pasta, rice, soups, pizza, etc. Or to breakfast foods like eggs or cereal.
- Try to have at least one fruit or vegetable at every meal.

Slice it!

- Wash and chop veggies and fruits so they are ready to grab and eat.
- Enjoy vegetables fresh or lightly steamed.