

# Fruit Pursuits

Eating a variety of fruit is important for health.

**Children need 2-3 fruits a day.** Every fruit provides different vitamins and minerals, so mix it up!

## DID YOU KNOW?

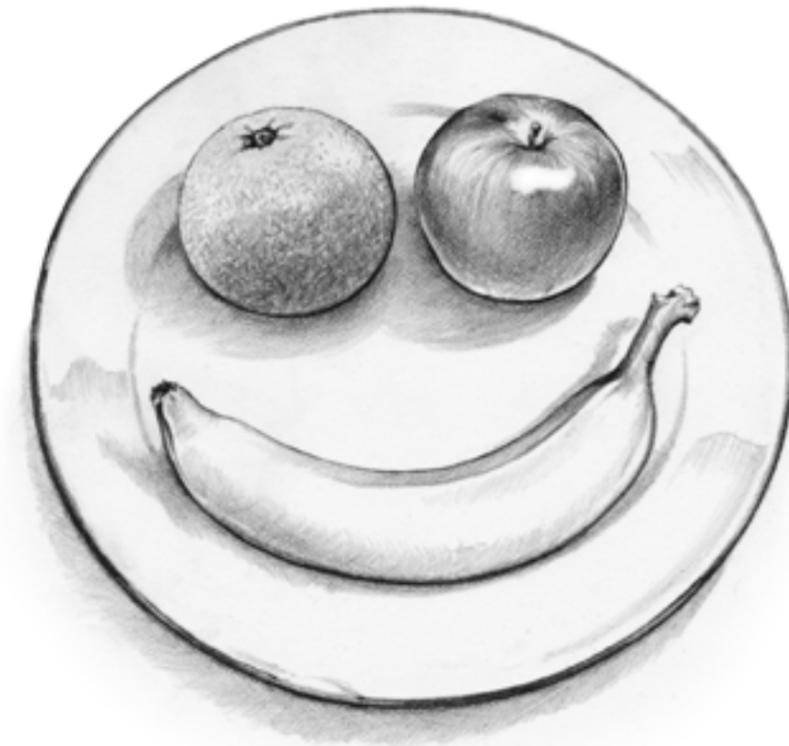
- 🍌 Fruit can be fresh, canned, frozen, or dried.
- 🍌 Fruits are a great source of Vitamin A, Vitamin C, antioxidants, and fiber.

*Variety is important for complete nutrition!*

## SWEET & SIMPLE TIPS

- 🍌 Different colors usually indicate a variety of nutrients.
- 🍌 Children need a variety of fruits to get all the nutrients their growing bodies need.
- 🍌 Challenge your family to see how many different fruits you can eat this week!
- 🍌 When buying canned fruits, choose fruits canned in 100% fruit juice or water instead of syrup.
- 🍌 If your child is eating whole fruit (fresh or frozen), there is no need for fruit juice.

*Kids need to eat 2-3 fruits every day!*



## FRUIT IS A GREAT GRAB-AND-GO SNACK!

- 🍌 Add an apple or banana to your child's lunch.
- 🍌 Grab some whole fruit, like an orange or a pear, for on-the-go snacking.
- 🍌 Kids eat with their eyes. Keep a bowl of fruit out at home.
- 🍌 Try serving new fruits with low-fat yogurt dips, or in fruit smoothies with fat-free milk.