REDY’S RULES

Try it!

• Try fruits and veggies different ways and try at least a couple of bites each time. It can take 7 to 10 tries before you like a new food, so be open to trying again and again. It may become your new favorite!

• Many fruits and veggies taste great with a dip or dressing. Try salad dressing, yogurt, nut butter, or hummus.

• Make a fruit smoothie with yogurt.

Mix it!

• Add veggies to foods you already make, like pasta, soups, casseroles, pizza, rice, etc.

• Add fruit to your cereal, pancakes, or other breakfast foods.

Slice it!

• Keep washed and chopped veggies and fruits in the fridge so they are ready to grab and eat.

• Most people prefer crunchy foods over mushy ones. Enjoy vegetables fresh or lightly steamed, and avoid overcooking.

What is a serving?

Kids
• Size of the palm of their hand

Adults
• A whole fruit the size of a tennis ball
• 1/2 cup of chopped fruit or veggies
• 1 cup of raw, leafy greens
• 1/4 cup of dried fruits

Did you know?

A diet rich in fruits and vegetables provides vitamins, minerals, and phytonutrients, important for supporting growth and development, and for optimal immune function.