

PARENT HEALTH BULLETIN



Pinellas County Health Department

Steps to a HealthierFL—Pinellas County

Fruits and Vegetables Matter



Fruits and vegetables come in many colors and flavors, but their real beauty is what is inside. Fruits and vegetables are great sources of many vitamins and minerals that help keep you and your family healthy. It is important to get a colorful variety of fruits and vegetables into your family's diet everyday.

The different colors give your body a wide range of important nutrients. Fruits and vegetables are filled with fiber, potassium and vitamins A and C. Some great examples of colorful fruits and veggies are green spinach, orange sweet potatoes, black beans, yellow corn, purple plums, red watermelon and white onions.

When it comes to good nutrition, all kinds of fruits and vegetables matter. Fresh, frozen, canned, dried and 100% juice are all good options. The 2005 Dietary Guidelines make it clear that most Americans need to more than double their current fruit and vegetable intake.



Eating fruits and vegetables in place of calorie rich foods and foods that are high in fat and sugar is a great strategy for weight control. For more variety, try new fruits and vegetables regularly. There are over 300 varieties of ripe, juicy delicious fruits and crispy veggies to choose from, therefore, there are options for everyone. Increasing fruits and vegetable intake is the most important step you can take to make healthy food choices and achieve better health for your family.

Kids Love Eating The Rainbow!

What Fruits and Vegetables are in Season?



Fall

(September, October, November)

- | | |
|------------------|----------------|
| Acorn Squash | Cauliflower |
| Apples | Celery Root |
| Belgian Endive | Chayote Squash |
| Bok Choy | Cherimoya |
| Broccoli | Coconuts |
| Brussel Sprouts | Cranberries |
| Butternut Squash | Diakon Radish |
| Garlic | Pumpkin |
| Ginger | Quince |
| Grapes | Rutabagas |
| Guava | Sweet Potatoes |
| Huckleberries | Swish Chard |
| Kohlrabi | Turnips |
| Kumquats | Yams |
| Mushrooms | Winter Squash |



All Year

- Avocados
- Bananas
- Cabbage
- Carrots
- Celery
- Lemons
- Lettuce
- Onions
- Papayas
- Bell Peppers
- Potatoes



<http://www.fruitsandveggiesmorematters.org>

Helpful Hands



When given a chance kids will make good choices by picking fruits and vegetables over less nutritious foods. Encourage healthy eating by eating healthy foods yourself. It is important to set a good example for your children. Involving children in shopping, cooking family meals and even gardening are other important steps in getting kids interested in fruits and vegetables.



Shopping

Toddlers

- » When at the store, talk about the names, shapes, colors and sizes of fruits and vegetables.

Preschool

- » Have them help put items in bags.
- » Count the items as they are put in the bag.
- » Spell the names of fruits and vegetables.

Grade school

- » Talk about how fruits and vegetables grow and where they are grown.
- » Talk about fruits and vegetables eaten in other cultures.
- » Try new and different fruits and vegetables.

Cooking

Everyone can learn the importance of good hand washing and sanitation techniques. Use "kid-size" tools to encourage your child to help. If the counter is too high, use a sturdy step stool or have children sit at the kitchen table.

Toddlers

- » Give them play foods or pots, pans, bowls and spoons to help "cook."

Preschool

- » Have them help measure ingredients.
- » Have them help combine and stir ingredients.

Grade school

- » Make simple, no-bake recipes.

Gardening

Plant seeds in containers. You don't need a formal garden to grow your own!

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For information about **Steps to a HealthierFL-Pinellas County** visit our website: www.StepsFL.com or call (727) 820-4113