

Give Me 5 Fruits and Vegetables Every Day!

Include fruits and vegetables in each meal along with other food groups for a healthy, delicious diet.

JUICY

Orange
Grapefruit
Blackberries
Kiwifruit
Blueberries
Strawberries
Tangerine
Tomato
Plum
Peach
Apricots
Cantaloupe
Other Melons
Pineapple

CRUNCHY

Carrot
Radish
Turnip
Rutabaga
Cauliflower
Cabbage Wedges
Green or Red Pepper
Celery
Onion
Cucumbers
Lettuce Wedge
Apples
Jicama

THIRSTY

Orange Juice
Tomato Juice
Fruit Smoothie
Apple Juice
Pineapple Juice
Vegetable Juice
Grapefruit Juice

CHEWY

Dried apricots
Dried apples
Banana chips
Raisins
Dates
Prunes

PEEL

Bananas
Oranges
Carrots

MIX

Fruit in yogurt
Spices in applesauce
Fruit chunks
Vegetable soups

Get older kids involved by letting them pick out fruits and vegetables at the store or farmers market. Then let them help you prepare the foods. They are more likely to try it if they have helped make it!