



# Colorful Plates: Helping Kids Eat Healthier

*Discover simple, delicious ways to help your family eat at least two servings of fruit and three servings of vegetables every day.*

## Follow the Leader

Be a role model when it comes to eating fruits and vegetables. If your kids watch you eat at least two servings of fruit and three servings of vegetables each day, they'll follow your lead. Being a healthy role model will bring you more success than nagging, bribing or other exhausting tactics.

## Ask the Kids

Talk to your kids before doing the grocery shopping about what they like and don't like. Bring them along to the store and let them pick out some of their favorite fruits and vegetables. Take some extra time to explore the delicious variety of fruits and vegetables available. If they're more involved in the shopping, they're likely to be more involved in the eating!

## Follow the Rainbow

Colorful fruits and vegetables provide a wide variety of nutrients to help our bodies stay healthy. Encourage your kids to eat one fruit or vegetable daily from each of the five major color groups: red, yellow/orange, green, blue/purple white.

### Here's an example of how your kids can follow the rainbow:

Orange wedges (**yellow/orange**) with breakfast

Cucumber (**green**) and tomato slices (**red**) with lunch

Green beans (**green**) with dinner

Raisins (**blue/purple**) and banana (**white**) for snack

## Size Up Your Fruits and Vegetables

When you learn more about how big a serving size is, having at least two servings of fruit and at least three servings of vegetables a day is easier than you think:

### Some examples of one serving include:

- One medium-sized fruit
- ½ cup raw, cooked, frozen or canned fruits or vegetables
- ¾ cup 100% fruit juice or vegetable juice
- ½ cup cooked, canned or frozen beans or peas
- 1 cup raw, leafy veggies
- ¼ cup dried fruit

### Write down your family's favorite:

fruit/color: \_\_\_\_\_

vegetable/color: \_\_\_\_\_

## Snack & Play

Being physically active is just as important as eating enough fruits and vegetables. Do a fun activity together as a family, like going for a bike ride or walking in the park. When playtime is over, refresh and refuel with a healthy snack, like raw vegetables and low-fat dip or frozen icy blueberries blended with crushed pineapple.



### Snacking On the Go

- Throw dried cherries or mixed dried fruit and a handful of nuts into a sealable baggie
- Pack a carton of fruit or vegetable juice
- Slice up raw vegetables or fruit and toss them into a mini lunch bag with a freezer pack

### Pizza for Breakfast

Get your family's day started with a fun and nutritious breakfast:

Top a toasted English muffin with:

- Mushrooms
- Green peppers
- Shredded carrots
- Black olives
- Tomato sauce
- Mozzarella cheese

Microwave until the cheese is melted and enjoy your breakfast.

## Family Goals for Better Health

**Challenge #1:** As a family, talk and make plans to find ways to eat more fruits and vegetables.

**Challenge #2:** Track the colors and kinds of fruits and vegetables you serve at home for one week

### Tracking Fruits and Vegetables

Get your kids involved by letting them fill out the chart.

1. Each day, write down the fruits and vegetables your family ate in the correct color column
2. At the end of the day, total the number of servings
3. Ask your kids questions about what they ate, like "Were you offered enough fruits and vegetables throughout the day?" and "How many different colors of fruits and vegetables did you eat today?"
4. At the end of the week, circle the days that you and your family ate enough servings and enough colors of fruits and vegetables. If you met your goal, celebrate with a fun activity or outing!

	Red	Yellow/Orange	Green	Blue/Purple	White	Total Servings For the Day
Sunday						
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						

### Tips on the Web

Visit the following websites for more recipes, shopping tips and fun ways to add more fruits and vegetables to your day.

Tips: <http://www.fruitsandveggiesmorematters.org/>

Recipes: <http://apps.nccd.cdc.gov/dnparecipe/recipesearch.aspx>

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