

FIT KIDS!

Head Start/ECEAP Parent Newsletter

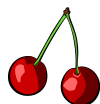
I Eat Fruit!

Fruits are good to eat and good for our bodies! Fruits are rich in vitamin C, which helps to keep skin and gums healthy, and protect cells. Fruit is also a good source of fiber and potassium—both are important for good health.

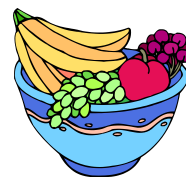


Children ages 3 to 4 need to eat about 1 cup to 1-1/2 cups of fruit every day. A portion of fruit for young children is one tablespoon per year of age, so serve fruit to your child several times per day. An older child/adult serving size is:

- one medium-sized piece of fruit
- one-half cup chopped fruit (canned, fresh or frozen)
- $\frac{1}{4}$ cup of dried fruit, such as raisins
- $\frac{3}{4}$ cup of juice



Eating fruit is better than drinking juice because it gives your child more fiber. Juice is very concentrated. It's a good idea to dilute juice when you give it to your child. Mix water with the juice so it's half water and half juice.



Recipes

Try these great fruit snacks.

The 45-Second Fruit Salad

Open a can of fruit packed in its own juice and empty into a bowl. Add one sliced banana, one cut-up apple and a few berries if you have them. It's a salad that's refreshing and fast! For a different taste treat, add enough vanilla yogurt to coat the fruit. Stir and serve.

The 1-Minute Banana Split

Cut a banana lengthwise and place into a dish. Fill with 1 or 2 scoops of low-fat or non-fat frozen yogurt. Top with fresh or frozen berries and canned pineapple.

From Produce for Better Health Foundation

Parents' Corner

It is very important for you to eat what you want your children to eat. You are the model that they follow. You are the one who sets the example—good or bad—so make sure it's good!



- If you eat lots of sweets and fatty food, your kids will too.
- If you start to make a habit of eating salad at every meal and vegetables for a quick snack, your kids will too!
- Give yourself and your child the gift of lifelong health: eat well-balanced meals, feel better, and be a model of healthy eating for your whole family.

Tips from Laura Griner Hill, Ph.D., Washington State University

Did You Know?

Children get used to a food the more often they see it. Even if your child refuses a food, keep offering it. Sometimes it takes 10 times or more of seeing or tasting a food before a child will try it or like it.



Families on the Move!

Your children will follow the example you set for being physically active. If you're a couch potato, they will be too. If you move around, go for a walk or ride a bike, they'll want to come along. They believe that what you do is normal and the way life should be. So be sure to set a good example!

Play Together

- ♦ Gather your children together and make up active games. Let even the littlest ones give ideas. Play the new games and give them funny names
- ♦ Turn on some music and dance around the house.
- ♦ Do a favorite activity after dinner before settling down for homework. How about a brisk walk or bike ride? Exercise boosts your energy for the quiet evening hours.
- ♦ Teach your children the games you played as a child.

USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program. (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: <http://foodhelp.wa.gov> or the Basic Food Program at: 1 877 501 2233. Reasonable accommodations will be made for persons with disabilities and special needs who contact Julie Evenson at 345 6th St, Suite 550, Bremerton WA 98337- (360)-337-7157, ext 6264, jlevenson@wsu.edu at least two weeks prior to the event.