



# Healthy Kids

LSU AgCenter Nutrition Programs Newsletter

April 2005

## Fruit Facts!

The Food Guide recommends that children eat 2-4 servings of fruits a day, depending on their age and physical activity level. For example, a moderately active 9- to 13-year-old girl needs 3 servings (1.5 cups) of fruit a day (for 1,800-calorie diet).

Remember, fruits are healthy foods. Do you eat enough fruit? If the answer is NO, these tips may help you add more fruit to your diet:

### What counts as one serving?

- 1/2 cup cut-up raw or cooked fruit
- 1/2 cup fruit juice

- Have a cup of 100% fruit juice with your breakfast. That would count as 2 servings!
- Add fresh fruit to your cereal in the morning.
- Have a smoothie for dessert, instead of cake or ice cream. Smoothies are delicious and easy to make. Use skim milk, low-fat yogurt and 100% fruit juice.
- Ask your parents to keep fresh-cut fruit handy for snacks.
- Try a fruit pizza! You can use cookie dough and any kind of fresh or canned fruit.
- Ask your parents to take you to the farmers' market, so you pick your favorite fruit. Ask your mom or dad to choose their favorite fruits, too.
- Try a new fruit each time you go to the grocery store or farmers' market with your parents.

*Did you know that fruits have vitamins and minerals your body needs every day? They may help to protect you against many chronic diseases and cancers. Fruits are low in fat and calories and high in fiber. They fill you up on fewer calories.*

Fruits are loaded with vitamin, minerals, fiber and phytochemicals. These help you stay healthy and prevent chronic diseases.

Remember, you can find HEALTH IN EACH FRUIT!



**Honeydew melon:** vitamin C, vitamin A, potassium

**Elderberry:** vitamin C and fiber

**Apricots:** vitamin A, vitamin C

**Lemon:** vitamin C, fiber, antioxidants (may prevent some cancers)

**Tangerines:** vitamin C and vitamin A (carotene)

**Hamlin oranges:** vitamin C, fiber, antioxidants

**Idared apples:** vitamin C and pectin (a soluble fiber that reduces blood cholesterol)

**Nectarines:** vitamin A (carotene), vitamin C, phytochemicals

**Empire apples:** vitamin C and pectin (a soluble fiber that reduces blood cholesterol)

**Avocado:** fiber and monounsaturated fat

**Cherries:** vitamin C, vitamin A (carotene), phytochemicals

**Honeydew melon:** vitamin C, vitamin A, potassium

**Figs:** vitamin B6, fiber

**Raisins:** fiber, iron, thiamin (vitamin B1)

**Ugly fruits:** citrus fruits grown in Florida, high in vitamin C

**Idared apples:** vitamin C and pectin (a soluble fiber that reduces blood cholesterol)

**Tangerines:** vitamin C, vitamin A

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To find out more, contact your parish agent.