

# Nutrition

## IN THE NEWS

### increase fruit AND vegetables!

Eat a fruit or vegetable with every meal and snack.  
Select a variety of colorful fruits and veggies.  
Try fresh, frozen, canned or dried

### soda CONSUMPTION HAS BEEN LINKED TO:

Reduced consumption of milk, fruits and vegetables  
Lower bone density in teenage girls  
Higher total calorie intake  
Increased tooth decay

There's **19 sugar cubes** in that 20 oz. **soda!**

### HEALTHY **drink** alternatives

### WHY ARE FRUITS AND VEGETABLES **good for** **your kid?**

Provide important vitamins and minerals  
for growth and development.

May reduce the risk of cancer and other chronic diseases.

### HEALTHY **snacks**

Lowfat yogurt with fresh or canned fruit  
Celery, peanut butter and raisins  
Raw vegetables and ranch dressing  
Trail mix with both dried fruit and nuts  
Apple slices with cheese  
Fruit smoothies

100% juice limited to 4-6 ounce per day  
Water with a dash of fruit juice  
Water with a squirt of lemon  
Water

### COOKING **corner**

#### Fruit Smoothies

1 Banana  
1-2 cups unsweetened frozen berries  
(strawberries, blueberries, and/or blackberries)  
1 cup low fat vanilla yogurt or low fat milk, or soft tofu  
1 cup 100% orange juice

Place all ingredients in a blender, cover tightly. Blend until smooth. If mixture is too thick, add 1/2 cup cold water and blend again. Serve cold. Prep time: 5 minutes