



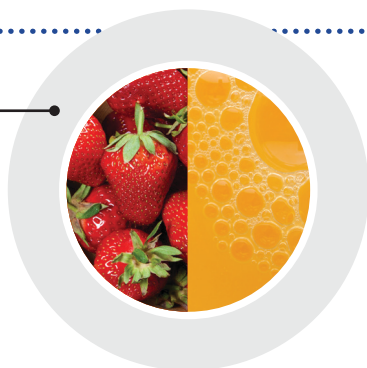
A DAY OF FRUITS & VEGETABLES

Are you and your family eating enough fruits and vegetables?
Here's what a day's worth of meals could look like:

Breakfast

**OATMEAL WITH
CHOPPED WALNUTS**

- Berries
- 100% orange juice
- Low-fat (1%) milk



Lunch

**CHEESEBURGER ON
WHOLE-WHEAT BUN**

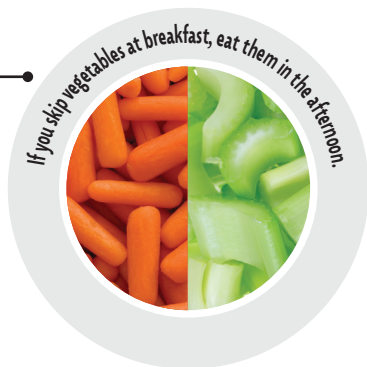
- Baked sweet potato fries
- Baked beans
- Grapes
- Low-fat (1%) milk



Snack

**WHOLE-WHEAT
CRACKERS**

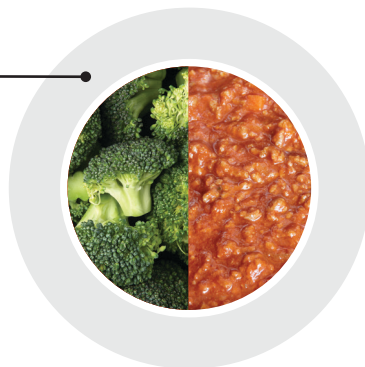
- Baby carrots
- Celery
- Low-fat dip
- Water



Dinner

PASTA

- Tomato meat sauce
- Broccoli
- Low-fat (1%) milk



HOW DO THE FRUITS AND VEGETABLES IN YOUR MEALS ADD UP?

Remember that most moderately active 10-year-old children need 1½ cups of fruit and 2½ cups of vegetables each day. Your child might need more or less.

VEGETABLES:

$$\begin{array}{ccccccc}
 \text{Carrot icon} & + & \text{Sweet potato icon} & + & \text{Beans icon} & + & \text{Broccoli icon} & + & \text{Tomato icon} & = & \text{2-1/2 CUPS VEGETABLES} \\
 1/2 \text{ cup baby carrots} & & 1/2 \text{ cup sweet potato fries} & & 1/2 \text{ cup baked beans} & & 1/2 \text{ cup broccoli} & & 1/2 \text{ cup tomato sauce} & &
 \end{array}$$

FRUITS:

$$\begin{array}{ccccccc}
 \text{Berry icon} & + & \text{Orange icon} & + & \text{Grapes icon} & = & \text{1-1/2 CUPS FRUIT} \\
 1/2 \text{ cup berries} & & 1/2 \text{ cup orange juice} & & 1/2 \text{ cup grapes} & &
 \end{array}$$



GOOD NEWS! Schools are now required to offer at least 1/2 cup of fruit and 3/4 cup of vegetables in school lunches.*

*Provided under the National School Lunch Program for grades K-8.