



Family Nutrition News & Tips

Aim for Three Veggies Each Day

Doctors recommend three vegetables a day. A serving for adults is about 1/2 cup, however young children should choose their own serving size since their hunger varies from day to day. Colorful vegetables, including green, orange, and red vegetables, provide you and your child with vitamins A and C, folate, and carotenoids. All vegetables have nutritious fiber. The brighter and darker the color of the vegetable, the more vitamins it has.

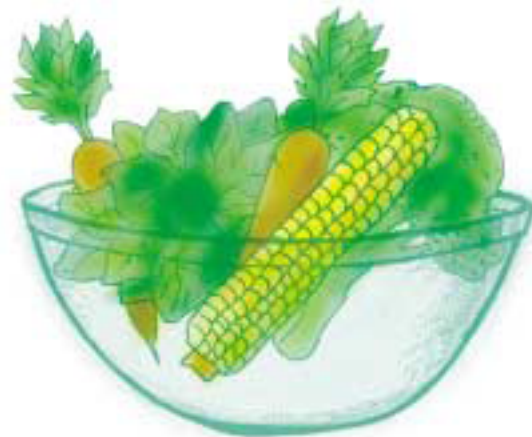


Vegetable Ideas for Snacks and Lunches

- Kids like to dip their vegetables. Try our recipe for reduced-fat ranch dressing, or hummus. Peel the stems and steam broccoli spears for 30 seconds. Steaming and then chilling softens those “hard to chew” veggies.
- Roll-ups anyone? Wrap meat or cheese with lettuce or spinach. The crispy texture is a treat.
- Pocket sandwich — Stuff finely chopped green veggies (green peppers, broccoli, or spinach) and shredded cheese into pocket bread. Try tomatoes and shredded carrot too. Top with yogurt or dressing to complete this yummy sandwich.

All Great Choices: Fresh, Frozen, and Canned

Fresh, frozen, and canned vegetables are all nutritious choices. There are small losses in vitamin C when fresh vegetables sit in the supermarket or refrigerator and in processing. However, they are all good sources of vitamins and minerals, especially vitamin C and vitamin A. Steaming vegetables is a great way to keep vitamins and minerals in the food rather than wasting them in boiling water.



Guard Against Choking!

Watch children while they eat.