

# PARENT HEALTH BULLETIN



AUGUST 2023

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### THIS MONTH'S TOPIC:

## HELP YOUR FAMILY EAT THE RAINBOW WITH FRUITS AND VEGGIES



Eating a wide variety of foods is important for everyone, especially children. Children's bodies are growing and developing at a rapid rate. They need many nutrients to be able to grow and develop to their full potential. Two important categories of foods that children need are fruits and vegetables. Fruits and vegetables contain essential nutrients such as vitamins and minerals for brain development, muscle and bone growth, and fiber for healthy digestion.

A recent Centers for Disease Control and Prevention study found that many children in Kentucky are not eating fruits and vegetables every day. In fact, more than half of children did not eat a

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# If your family or child struggles to eat fruits and vegetables, start by adding just one fruit and vegetable into their meals.

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vegetable daily during the preceding week, and more than one-third did not eat fruit daily.

As a parent or caregiver, you have a huge influence on your child's food access and understanding of how to choose a variety of healthy foods. You teach your child about food based on

what foods you buy, prepare, offer, and eat as a family.

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To encourage children and families to eat more fruits and vegetables, we are challenging everyone to "eat the rainbow" every day. That means choosing fruits and vegetables that are different colors every day. If your family or child struggles to eat fruits and vegetables, start by adding just one

fruit and vegetable into their meals for the day.

Here are some ways to incorporate fruits and vegetables in meals and snacks that you may already be preparing:

- Include chopped up fruit in breakfast cereal or oatmeal
- Add in veggies to cooked eggs, potatoes, or rice
- Put leafy greens or thinly sliced vegetables on a sandwich
- Eat raw sliced veggies and fruit with dip for a snack

Here is a simple smoothie recipe. You can use any fruit that you like. Don't be afraid to add in some vegetables! Try experimenting with different fruit and vegetable combinations to see what members of your family likes.

- 2 cups fresh or frozen fruit and vegetables
- 1 cup low-fat milk
- 1/2 cup low-fat yogurt



Place all ingredients in a food processor or blender and mix until well combined. Serve cold!

For more ideas of how to include at least one fruit and vegetable in your and your child's diets each day, visit [PlanEatMove.com](https://www.planeatmove.com).

#### REFERENCE:

<https://www.cdc.gov/mmwr/volumes/72/wr/mm7207a1.htm>

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**ADULT**  
**HEALTH BULLETIN**

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