



**Take five every day!** Five or more servings of fruits and veggies, that is. Eating five or more servings of fruits and vegetables provides important vitamins; minerals and fiber children need for good health. It also can help children achieve energy balance – eating and drinking (energy in) to provide the right amount of fuel your body needs for growth and everyday living (energy out).

There are many ways to get a full serving of fruits and veggies – eating a banana with lunch, dipping apple slices in your favorite yogurt or serving veggie kabobs with dinner. The possibilities are endless. Get creative! Here are some ideas to try at home to make healthy easier for you and your family.

- **Change it up.** Take a new approach to a traditional meal. Add strawberry or banana slices to peanut butter sandwiches. Spruce up luncheon meat sandwiches with shredded carrots, sliced zucchini or mushrooms. Mix fresh or canned (in its own juice) fruit, low-fat or fat-free yogurt and ice in a blender for a yummy, protein-rich breakfast smoothie.
- **Sneak it in.** Slip spinach or peas into layers of lasagna. Add pureed veggies like cauliflower and roasted red peppers to sauces. Mix finely chopped carrots into ground beef or ground turkey and make into burgers.
- **Do it together.** Have your child help pick the menu for dinner, shop for ingredients and even prepare the meal. Use this as an opportunity to teach your child that eating fruits and veggies everyday can be fun.
- **Make it easy for you!** Keep the following foods in stock to help you make healthy easier for you and your family – bags of frozen veggies to quickly add to soups, stews and casseroles or serve as a side dish with dinner; and lots of fresh, dried and canned fruits (in its own juice) and fresh veggies for snacking. Pack washed and sliced fruit and veggies in clear bags, and place them in front of the refrigerator so kids can grab and eat. Keep a bowl with clean fruit in a central area or leave a fruit salad in the refrigerator.

**nrgBalance 12345!** highlights five recommended behaviors for maintaining good health and provides simple, practical tips for helping families achieve energy balance every day.

- 1** One or more hours of physical activity each day
- 2** Two or less hours of screen time each day
- 3** Three balanced meals each day
- 4** Four or more cups of water or low/no-calorie beverages each day
- 5** Five servings of fruits and veggies each day

For more ideas on how to achieve nrgBalance for you and your family, visit [www.nrgbalance.org](http://www.nrgbalance.org).