



Alaska · American Samoa · Federated States of Micronesia · Guam · Hawaii · Marshall Islands · Northern Mariana Islands · Palau

CHL

Children's Healthy Living Program
for Remote Underserved Minority Populations
in the Pacific Region

Enhancing child wellness!

CHL Tips for Increasing Fruit and Vegetable Consumption

The CHL program partners with community members and organizations to make deliberate choices that lead to healthier children. This tip or coaching sheet will assist you in achieving a positive change in the life of your child. Give the following tips a try and stay with them throughout your child's life!

Talk to your family

- Talk with the kids about fruits and vegetables and why they are important for everyone in the family.
- Have positive conversations about healthy eating and what kinds of foods that includes during mealtime.
- Sign a family agreement to add more fruits and vegetables into daily meals.
- Have the kids list some of the fruits and vegetables they do like.
- Create your shopping list by food groups so kids can easily see the fruits and vegetable on the list.
- Have the kids help pick out the fruits and vegetables at the grocery list.
- Have the kids help wash and put away the fruits and vegetables.
- Stock up on items at the farmers market.
- Buy fresh fruits and veggies in season when they are less expensive and at their peak flavor.
- Keep a bowl of whole fruit on the table or counter.
- Cut-up fruit and veggies and store in the refrigerator at eye level to remind children to snack on these nutritious foods when they open the fridge.



Eat more fruits and veggies

Children: 1 cup fruit and 1 heaping cup veggies everyday
Adult women: 2 cups fruit and 2 ½ cups veggies everyday
Adult men: 2 cups fruit and 3 cups veggies everyday

Ideas to for increasing fruit consumption

- Blend some fruit through your breakfast cereal
- Blend up a fruit smoothie to enjoy with your breakfast (e.g. coconut, mango, pineapple).
- Have fruit for dessert.
- Fruit salads – hot and cold – will increase your fruit intake.
- Have fruit for a snack.

- Freeze fruit for a treat.
- Mix fruit into yogurt (e.g. papaya, mango, banana).
- Add fresh berries to your cereal or oatmeal.
- Use a dried fruit mix for an on-the-go snack.

Ideas for increasing vegetable consumption

- Cut veggies into mixed greens for a healthy salad.
 - Add tomatoes or spinach to eggs at breakfast.
 - Have salad rolls with small amounts of lean protein (e.g. chicken or tuna) for lunch.
 - Have stir-fries for dinner – include plenty of vegetables and small amounts of lean protein.
- Grate some vegetables into your pasta sauce.
Grill some veggies

on the BBQ.

- Make a vegetable stir-fry with broccoli, carrots, mushrooms, snap peas, or anything you like.
- Grill vegetable kabobs with your meal.
- Put grilled tomatoes on toast for breakfast.

Tip sheet sources and additional resources

- Let's start smart
<http://letsstartsmart.com/PIFFPoster1.php>
- Choose My Plate.gov
<http://www.choosemyplate.gov/food-groups/vegetables-tips.html>
<http://www.choosemyplate.gov/food-groups/fruits-tips.html>
- The Diet Channel
<http://www.thedietchannel.com/Increasing-Fruits-and-Vegetables-in-your-Diet.htm>

Tip sheet developed by

Huizhong Wang, Graduate Assistant, CHL Program.
(v1. 1/2013)

For more information about the CHL program, contact:

Northern Marianas College

Cooperative Research, Extension and Education Service
(670) 237-6842 | crees@marianas.edu

www.CHL-Pacific.org



United States Department of Agriculture
National Institute of Food and Agriculture