

# THE HEALTHY KIDS TIMES

Canned, Fresh,  
Frozen or Dried

Grades 3-4

NUTRITION NEWS AND MORE FOR YOUR FAMILY

## Dear Parent,

Your child has been learning why it is important to include fruits in our diets. Fruits and 100% fruit juices supply the body with important amounts of Vitamins A and C and potassium. Fruits also contain water that our bodies need.

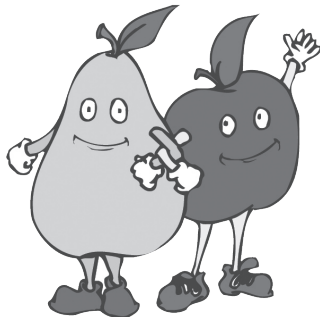
## How Much Should We Eat?

Children should eat about 2 cups of fruit each day. One cup of fruit or 100% fruit juice, or  $\frac{1}{2}$  cup of dried fruit counts as 1 cup from the fruit group. Check fruit juice labels to make sure you are buying 100% fruit juice. Some packaged drinks do not contain very much fruit juice.

## Fun Fruit Ideas

Here are some ways to add fruit to your diet:

- Pack a juice box of 100% juice in your child's lunchbox instead of a soda or sugary beverage
- Top cereal with bananas, peaches or strawberries
- Add fruit to low fat yogurt for breakfast or a snack
- Add pineapple, mandarin oranges or grapes to a tossed green salad



## Canned or Fresh, Frozen or Dried

Whether fruit is fresh, canned, frozen or dried, they are all good for you. Canned fruits are easy to store. Dried fruits are easy to pack in a lunch box or in a backpack. Fresh fruits are flavorful and make good snacks. Keep a variety of fruit products in your refrigerator, freezer or cabinet.

## Vitamin C and Citrus Fruits

Vitamin C is important to help the body absorb iron and to maintain bones and teeth. Vitamin C is water-soluble, and it is not stored in the body. For that reason we need to eat fruits or vegetables that contain Vitamin C every day. Citrus fruits and 100% fruit juices made from citrus fruits are a good source of Vitamin C. Oranges, grapefruits, lemons, limes and tangerines are all citrus fruits.

Parents and Kids,

Vitamin A and Vitamin C are nutrients that help us stay healthy. Vitamin A is important for healthy eyes. Vitamin C helps the body absorb iron, and build strong bones and teeth. Use the information in the charts to help you decide which fruits are the best sources of Vitamin A and Vitamin C.

### VITAMIN A HELPS ME SEE AND GROW

Look at the chart below. Rank the fruits according to the amount of Vitamin A they contain. 1=HIGHEST, 6=LOWEST

FRUITS	SERVING SIZE	AMOUNT OF VITAMIN A IN THIS SERVING (INTERNATIONAL UNITS, IU)	RANK
Banana	1 medium	92	_____
Cantaloupe	1 cup of pieces	5,158	_____
Grapefruit	$\frac{1}{2}$ of a medium	153	_____
Orange	1 medium	240	_____
Peach	1 medium	465	_____
Watermelon	1 cup of pieces	586	_____

### VITAMIN C HELPS ME STAY HEALTHY

Look at the chart below. Rank the fruits according to the amount of Vitamin C they contain. 1=HIGHEST, 6=LOWEST

FRUITS	SERVING SIZE	AMOUNT OF VITAMIN C IN THIS SERVING (INTERNATIONAL UNITS, IU)	RANK
Banana	1 medium	10	_____
Cantaloupe	1 cup of pieces	68	_____
Grapefruit	$\frac{1}{2}$ of a medium	42	_____
Orange	1 medium	75	_____
Peach	1 medium	6	_____
Watermelon	1 cup of pieces	15	_____



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