

THE HEALTHY KIDS TIMES

Canned, Fresh,
Frozen or Dried

Grades 1-2

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.

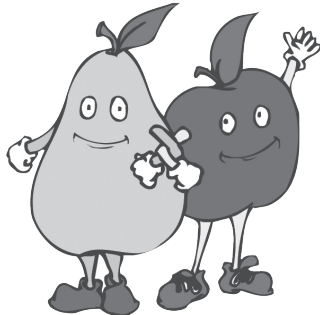
How Much Should We Eat?

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,
Whether the fruit is canned, frozen, fresh or dried, it is all good for you. Work together to complete the Fruit Scavenger Hunt. Look through your kitchen and see if you can find a canned fruit item, a fresh fruit, some dried fruit and some frozen fruit. There are hints under each group title.



Canned

Examples:

Canned peaches, pears, apple juice or applesauce

Frozen

Examples:

Frozen strawberries, peaches or orange juice

Fresh

Examples:

Fresh bananas, grapes, apples or oranges

Dried

Examples:

raisins, dried cherries or figs

