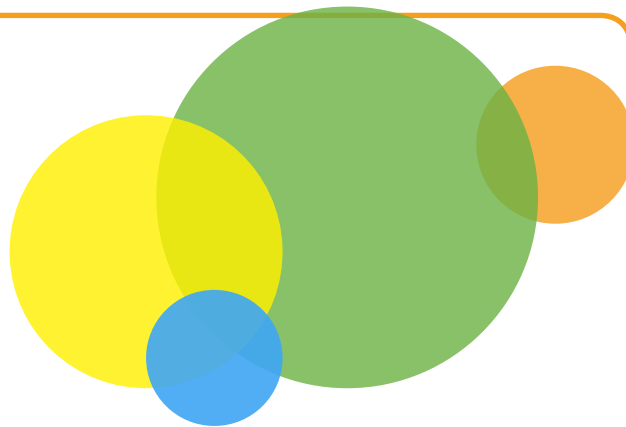


powerUP

Tips for Raising PowerUp Kids



FIVE Fruits, Roots, and Vegetables

Pile your plate with half fruits and veggies at every meal.

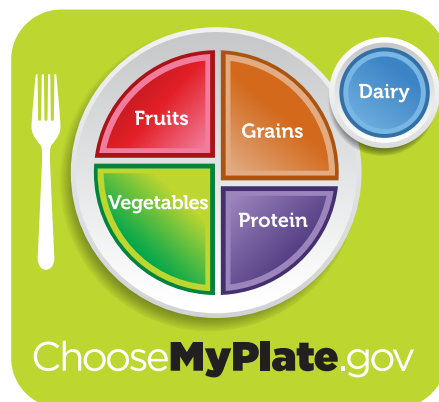
Grab fruits and veggies first! Keep fruits and veggies in sight, clean, and ready to eat in a fruit bowl near the fridge.

Feature veggies as a main course like curried vegetables, broccoli and rice, and flavors from other cultures.

Make fruit the sweet treat and serve fruit for dessert!



Veg out! Toss veggies into soup, eggs, spaghetti, sandwiches, pizza and more!



Make your plate look like MyPlate

Visit www.powerup4kids.org for more PowerUp activities, recipes and more!