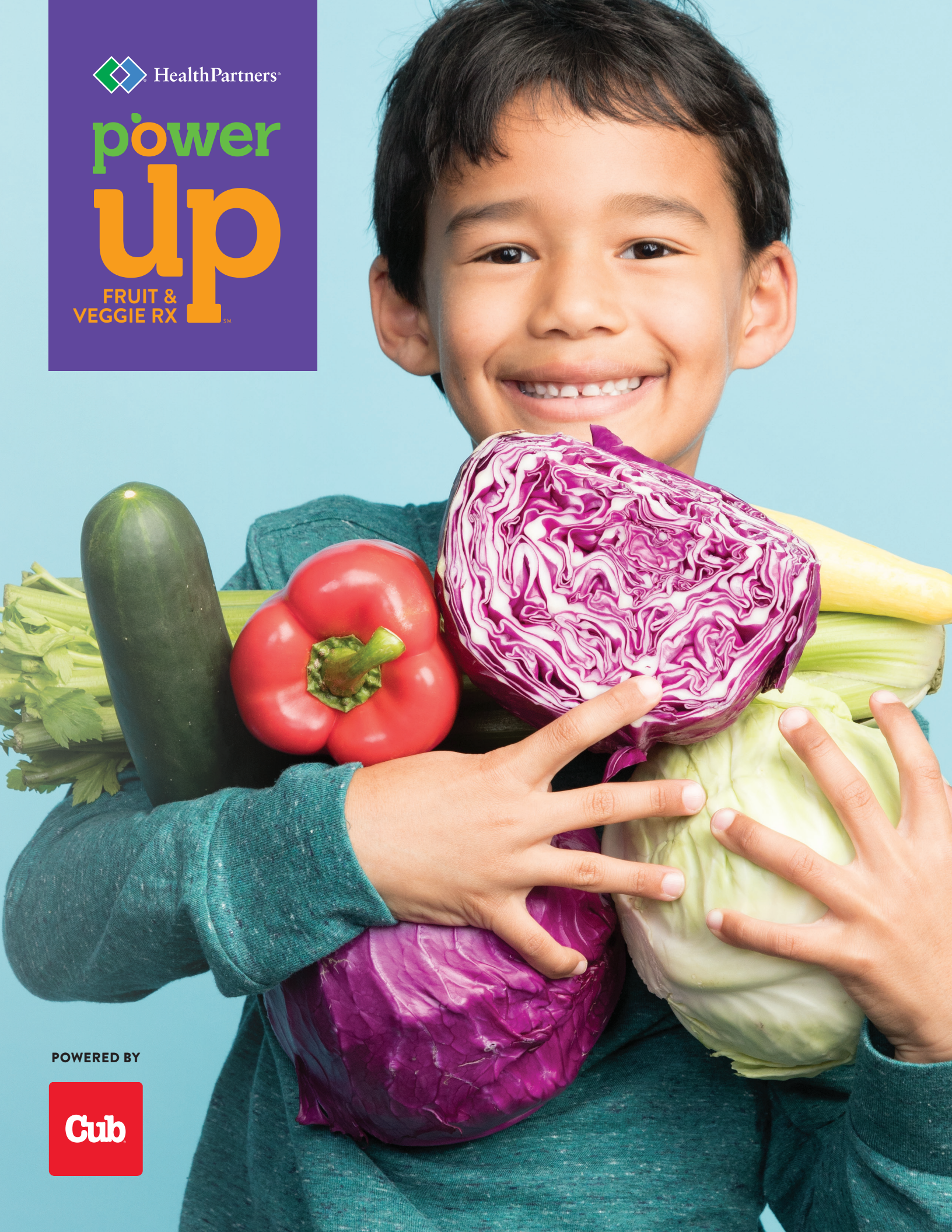




power up

FRUIT &
VEGGIE RX



POWERED BY

Cub

TRY FOR 5 FRUITS & VEGGIES EVERY DAY!

The goal is to try a variety of five fruits and veggies every day. Trying is about seeing, smelling, touching and tasting new foods. It's about exploring different options, (raw, roasted, steamed or in a salad) and taking small bites that may one day turn into family favorites.

Why should I try for 5?

- Fruits and veggies are full of flavor and crunch to power your body.
- They're delicious – and kids like them!
- It's exciting to try something new! It might be a little scary, too. Just be brave and give it a chance.

FITTING IN FRUITS & VEGGIES

Add colorful fruits and veggies into foods you already like!



berries



yogurt



nuts and seeds



fruit parfait



veggies



pasta sauce



whole-grain pasta



veggie pasta



veggies



whole-grain pizza crust



cheese



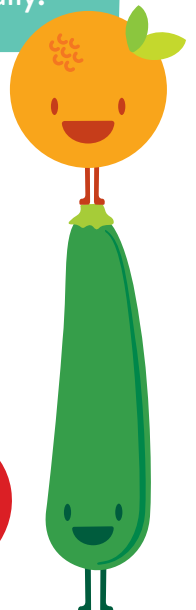
veggie pizza

FRESH,
FROZEN,
CANNED OR
DRIED ...
THEY ALL
COUNT!



WHAT ABOUT 100% JUICE?

Whole fruits are best because they are packed with good stuff that gets lost when turned into juice. If you love juice, keep it to 4 ounces (1/2 cup) or less daily.



GET MORE FROM YOUR PRODUCE



Berries

☐ Tried it Vote for it:

- **Pick:** bright, plump berries with no mold
- **Keep:** in the fridge in their original container; wash before use. Freeze extra to use later in smoothies, yogurt or oatmeal
- **Try:** in salads or yogurt; or frozen for a cool treat (*see recipe on back*)



Pineapple

☐ Tried it Vote for it:

- **Pick:** pineapples with green leaves and a sweet smell
- **Keep:** whole on the counter up to five days; or cut up in the fridge for three days
- **Try:** grilled (1–2 minutes on each side); or frozen and blended with yogurt



Zucchini

☐ Tried it Vote for it:

- **Pick:** 8 inches or less with prickly, shiny skin
- **Keep:** in the fridge up to four days; wash before use
- **Try:** raw with your favorite dip; scoop out the center, add taco fillings and bake



Leafy greens

☐ Tried it Vote for it:

- **Pick:** greens with bright, crisp and full leaves; wash before use
- **Keep:** in the fridge in a loosely closed bag. Freeze extra greens for later use in soups, eggs or smoothies
- **Try:** in salads, on pizza or roast for a crispy snack (*see recipe on back*)



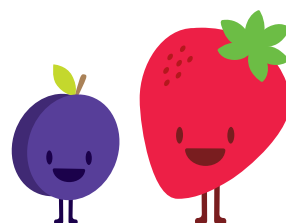
Tomatoes

☐ Tried it Vote for it:

- **Pick:** bright, firm tomatoes with shiny skins
- **Keep:** on the counter
- **Try:** sliced with cheese and balsamic vinegar
- **Try:** hollow out a tomato and stuff it with tuna salad

TIPS TO HELP KIDS TRY

- Make sure your kids see you eating (and enjoying!) fruits and veggies
- Offer fruits and veggies with no pressure and lots of praise for trying
- Involve kids with grocery shopping. Make it fun with a produce section scavenger hunt!



Have you tried jicama, watermelon, frozen peas, sweet potato or raisins? What did you try that's not on the list?

POWERUP RECIPES

Crispy Kale Chips

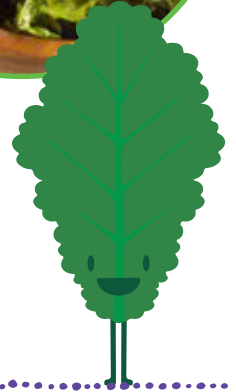
Serves: 4–6

INGREDIENTS

- 1 bunch kale (about 4 cups)
- 1 tablespoon olive or canola oil
- 1 teaspoon salt

INSTRUCTIONS

1. Preheat oven to 275°F. Line baking sheet with parchment paper.
2. Wash kale. Dry leaves thoroughly and carefully remove the thick inner stems.
3. Tear the leaves into bite-size pieces. Arrange onto baking sheet.
4. Drizzle leaves with oil and sprinkle with salt.
5. Bake for 20–30 minutes, or until kale is crisp.



Frozen Yogurt Berries

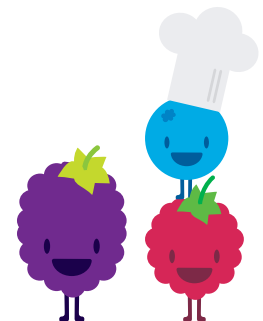
Serves: 2

INGREDIENTS

- 1 cup berries (blueberries, raspberries or blackberries)
- 2 cups plain or vanilla-flavored Greek yogurt

INSTRUCTIONS

1. Wash berries and dry with paper towel.
2. Using a toothpick, dip the berries into the yogurt. Make sure yogurt covers the entire berry.
3. Slide the berries onto a cookie sheet lined with parchment paper.
4. Place the cookie sheet into the freezer until the yogurt hardens, about 1–2 hours.



For more ideas and kid-approved fruit and veggie recipes,
visit healthpartners.com/powerupfamily.