

Make Half Your Plate Veggies & Fruits

Talking Points

Veggies and fruits are packed with vitamins, minerals, fiber and other nutrients to keep your body strong.

- Veggies and fruits provide long-lasting energy so you can perform your best at school, during sports, and your other favorite activities.
- Veggies and fruits keep your immune system strong so you're less likely to get sick.
- The nutrients in veggies and fruits keep your hair and skin healthy.
- Your organs and muscles, especially your heart, need veggies and fruits to do their jobs.

Fun Fact: Different colored veggies and fruits help your body in different ways. For example, blue are good for your memory, orange are good for your eyes, and many more! Choose a variety of colors to get all the benefits veggies and fruits have to offer.

Tips for eating more:

- At breakfast top cereal, oatmeal or waffles with sliced bananas or berries.
- Dip bell peppers, cucumber, or cherry tomatoes in hummus for a tasty snack.
- Order veggie and fruit side dishes when eating at restaurants.
- Grab an apple or baby carrots for a quick and easy snack on-the-go.
- Encourage your group or club leader, coach, concession stand, camp counselor and others to serve more veggies and fruits at snacks, meals and events.

What other foods keep my body strong?

- Creating a balanced plate helps make sure your body gets the nutrition it needs to succeed:
 1. Make half your plate veggies and fruits.
 2. Fill the other half with whole grains (like whole wheat bread or pasta, or brown rice) and lean proteins (like beans, skinless poultry and eggs).
 3. Add a glass of water or low-fat milk to drink.

Fun Quiz: How many veggies and fruits can you name? There are hundreds of types to pick from, so try something new each week!

