



Flying Pig Kids Marathon

Nutrition Challenge



Focus on Fruit!

Did you know?

Fruits are low in fat and give our bodies many of the vitamins and minerals we need for good health? Fresh, frozen, canned and dried will do! Make sure to eat lots of different kinds of fruits. Go for a rainbow of colors to get the best nutrition value. The USDA My Pyramid says kids need 1 $\frac{1}{2}$ servings of fruit each day. A serving is 1 medium fresh fruit, $\frac{1}{2}$ cup frozen or canned, or $\frac{1}{4}$ cup dried.

Focusing on Fruits!



- Sprinkle raisins on breakfast cereal
- Have a 100% frozen juice bar for dessert
- Carry an orange, apple or grapes in your backpack
- Snack on canned mandarin oranges
- Whirl your favorite frozen berries and juice in a blender for a tasty slushy!

Remember these nutrition tips everyday:

- Eat breakfast!
- Drink water!
- Go for WHOLE grains!
- Vary your veggies!
- Focus on fruits!
- Get calcium-rich food!
- Eat lean protein!
- Drink less soda!

Nutrition Challenge: Focus on fruits!

Enjoy unsweetened fresh, frozen, canned and dried fruits! Give yourself an "X" on the Hog Log when you get at least 5 fruits and/or veggies a day.



These tips are provided by
The Nutrition Council of
Greater Cincinnati
www.nutritioncouncil.org

513•621□•3262

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