

Nutrition Education

Wanted: More Fruits and Vegetables

Did you know that only one in five children eat the recommended five or more servings of fruits and vegetables each day? And, nearly one-quarter of all vegetables eaten by children and adolescents are French fries.*

Fruits and vegetables are important sources of vitamins, minerals, fiber and other substances important for good health. Studies have shown that fruits and vegetables may play a role in protecting our bodies from several chronic diseases.

Most fruits and veggies are naturally low in fat and many are quick to prepare and easy to eat. Keep ready-to-eat raw vegetables in the fridge and dip them in low-fat ranch dip. Slice a banana into your morning cereal. Add a package of frozen vegetables to soups or casseroles. Make up some Hula muffins which contain both carrots and pineapple. One serving of fruits or vegetables is ½ cup. It takes 1 cup of leafy greens to equal a serving. So how will you and your family get your five or more fruits and vegetables today?

Hula Muffins

Ingredients:

2/3 cup sugar	1 ½ cups all purpose flour
1/3 cup vegetable oil	½ teaspoon baking soda
2 eggs	½ teaspoon salt
1 cup shredded carrots	½ teaspoon ground nutmeg
3/4 cup canned, crushed pineapple, well drained	

1. Heat oven to 425 degrees. Place paper baking cups in 12 cup muffin tin or coat each muffin cup with cooking spray.
2. Stir sugar, oil, eggs, carrot and pineapple in medium bowl until mixed. Stir in rest of ingredients. Spoon batter into muffin cups.
3. Bake 13-17 minutes until light golden brown or toothpick poked in the center comes out clean.

*Source: Krebs-Smith SM, et al. Fruit and vegetable intakes of children and adolescents in the United States. Arch Pediatr