



JUNE 2012

FOCUS ON FRUIT

Limit Juice and Eat the Whole Fruit

PARENTS

Many children today eat little to no fruit and are drinking so much juice that they are not getting everything else that they need to grow properly and stay healthy. The American Academy of Pediatrics put a limit on juice: 4 oz/day of 100% juice for children 6 years and under and 8 to 12 oz/day for children 7 years and older.

Kids need to eat fruit every day in many different colors:

- 1 cup for children 2-3 years
- 1 ½ cups for all other children (except boys 14-18 need 2 cups a day.)

Drinking too much juice can lead to an increased risk of:

- Getting cavities
- Being overweight
- Belly aches
- Not reaching their growth potential
- Nutritional deficiencies

Shopping for Fruit

1. In order of importance, offer whole fruit to your child(ren) every day
2. Fresh is best but frozen is also very nutritious if you don't have access to fresh fruit.
3. Canned fruit or fruit in single serving containers usually have added sugar in the form of syrup (heavy or light). Look for canned fruit with water or fruit juice added instead.
4. Avoid gummy fruit treats, fruit leather and other processed fruit snacks.

Shopping for Juice

- Buy 100% juice; not juice drink, juice cocktail, or juice punch. They can contain as little as 10% real juice.
- Avoid juice with artificial sweeteners or stevia and erythritol (called Reb A, or PureVia).
- If juice is made from concentrate look for "water sufficient to reconstitute" in the ingredient list or else it will contain excess sugar.

Tips for Serving Fruit

1. Serve cut up fruit in see-thru cups (increases consumption and sales)
2. Serve small 2 oz cups of yogurt along with sliced fruit for dipping
3. Serve only 100% fruit juice in 4 to 8 ounce containers (more than 8 ounces is above a child's daily limit for juice)

To Learn More

The following programs provide curricula on fruit:

1. CDC More Matters at <http://www.fruitsandveggiesmorematters.org/>
OR
<http://www.fruitsandveggiesmatter.gov/>
2. There's a Rainbow on My Plate, http://www.5aday.com/html/curriculum/curr_home.php

RECOMMENDATIONS



BUILDHEALTHYKIDS.COM

RECOMMENDED DAILY INTAKE FOR FRUIT

- Limit juice to 4 oz a day of 100% juice for children 6 years and under, and 8 to 12 oz a day for children 7 years and older
- Eat each day: 1 cup of fruit for children 2-3 years, 1 ½ cups for all others except boys 14-18 need 2 cups a day

KID'S SECTION

JUNE 2012

This Months Goal

- 1. Eat 2-3 whole fruit a day
 - 2. Drink 100% juice but no more than:
 ½ cup or 1 juice box (6years and under)
 1 cup or 1 juice box (7 years and older)
- (1 juice can count as 1 fruit serving only
but you still need to eat 2 fruit a day)

Eat a Rainbow of Colors

- Reds: apples, cherries
- Orange: Clementine, cantaloupe
- Blue/Purple: berries, grapes
- Green: grapes, kiwi



Count as fruit

- Any Whole Fruit
- 1 glass of juice
- 100% Juice



Do Not Count

- 100% Fruit Bars
- Fruit Gummies
- Fruit flavored candy
- Fruit cocktail
- Lemonade
- Fruit punch
- Fruit drinks
- Fruit Leather



How many colors did you eat today?

Fill in the Colors:

| | | | |
|-----------|-------|-------|-------|
| Monday | _____ | _____ | _____ |
| Tuesday | _____ | _____ | _____ |
| Wednesday | _____ | _____ | _____ |
| Thursday | _____ | _____ | _____ |
| Friday | _____ | _____ | _____ |
| Saturday | _____ | _____ | _____ |
| Sunday | _____ | _____ | _____ |

Eat
1 Fruit at Breakfast
&
1 Fruit at Each Snack
Try These Drinks

1. Home made soda: Add ¼ cup juice to ¾ cup soda water
2. Flavored Water: Add a slice of lemon or orange to a pitcher of water. Put in fridge and drink when thirsty.