



JUNE 2013

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 puts a limit on juice: 4-6 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- 1½ cups for kids 4-8 years
- 1 ½ cups for 9+ years (except boys 14-18 need 2 cups a day)

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

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

Shopping for Fruit

1. 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. I do not consider them a fruit serving as they are packed with sugar; consider them a treat, like candy.

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
- 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)
2. Serve small 2-4 oz cups of yogurt along with sliced fruit for dipping
3. Serve only 100% fruit juice in 4 to 8 ounce containers
4. Make fruit kabobs with kids

To Learn More

The following programs provide more information on fruit:

1. **CDC More Matters at**
<http://www.fruitsandveggiesmorematters.org/get-kids-to-eat-fruits-and-vegetables>
2. **1st and 2nd grade curriculum**
http://www.fns.usda.gov/tn/Resources/sump_level1.pdf
Grade 3-4 Curriculum
http://www.fns.usda.gov/tn/Resources/sump_level2.pdf
3. **Build a Plate with Fruit**
<http://www.fns.usda.gov/tn/Resources/nutritionandwellness/fruits.pdf>

RECOMMENDATIONS



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RECOMMENDED DAILY INTAKE FOR FRUIT

1. Limit juice to 4-6 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
2. Eat each day: 1 cup of fruit for children 2-3 years, 1-1 ½ cups for 4-8 years, and 1 ½ cups 9+ yrs, except boys 14-18 yrs need 2 cups/day

This Months Goal

1. Eat whole fruit 2-3 times a day
2. Drink 100% juice but no more than:
½ cup or 1 small juice box (≤6 years)
1 cup or 1 juice box (≥7 years)
3. Choose applesauce or fruit cups that are unsweetened or sweetened with fruit juice only
(1 juice can count as 1 fruit serving only but you still need to eat 2 fruit a day)

Add a fruit to snacks or meals

Eat a Rainbow of Colors

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



How many colors did you eat today?

Fill in the Colors:

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



GOOD CHOICE

Any Whole Fruit
Fruit Cups
1 glass of juice
Applesauce



BAD CHOICE

Fruit cocktail
Fruit Gummies
Fruit flavored-candy

SOMETIMES CHOICE

100% Fruit Bars/ Fruit Leather
Fruit punch/Lemonade/Fruit drinks



FREE WEBINAR JUNE 11TH 8PM EST

EATING PERSONALITIES

YOUR CHILD DOESN'T LEAVE HER/HIS PERSONALITY WHEN SHE COMES TO EAT. FIND OUT ALL ABOUT YOUR CHILD'S EATING STYLE.

SIGN UP BY SENDING AN EMAIL TO
DRDEB@BUILDHEALTHYKIDS.COM