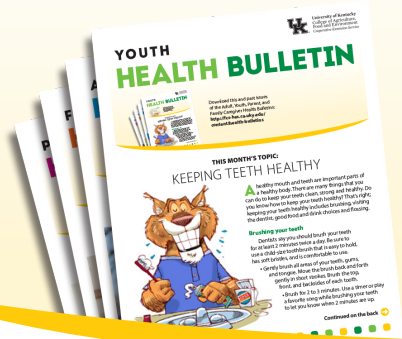


YOUTH

HEALTH BULLETIN



AUGUST 2023

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC:

TAKE THE FRUIT AND VEGGIE A DAY CHALLENGE



Your body needs a lot of different kinds of foods to grow! Two kinds of food that your body needs are fruits and vegetables. Fruits and vegetables have important nutrients. Nutrients are building blocks that your body needs for your brain, eyes, ears, bones, muscles, and stomach. They help you get bigger, stronger, and feel good.

We want to make sure that kids are eating a variety of fruits and vegetables. So, we are challenging YOU to eat at least one fruit and one vegetable each day, all month long! Ideally, your body needs about half of all the food you eat to be fruits and vegetables. So the more, the better! A great way to think about eating a lot of different kinds of fruits and vegetables is to try to eat fruits and veggies that are the different colors of the rainbow.

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Can you think of fruits and vegetables that are each color? Here are a few. Try to think of some more! Fill in the blanks below with more fruits and vegetables of each color:

• **Red:** apples, beets...

• **Orange:** carrots, cantaloupe...

• **Yellow:** bananas, summer squash...

• **Green:** cucumbers, kiwi...

• **Blue:** blueberries, blue cabbage...

• **Violet:** eggplant, grapes...

IF I eat a
Yellow
and a
Blue
TOGETHER, can
That count as a
Green?



Try to choose different fruits and vegetables to eat each day. Here is a list of ways to include fruits and vegetables into your meals and snacks:

- Include chopped up fruit to breakfast cereal or oatmeal
- Add in veggies to cooked eggs, potatoes, or rice
- Make a smoothie with cold or frozen fruit, milk, and a splash of juice
- Put leafy greens or thin sliced vegetables on a sandwich
- Eat raw sliced veggies and fruit with dip for a snack

For more ideas of how to include at least one fruit and vegetable in your diet each day, ask your parent for help and visit planeatmove.com.

REFERENCE:

<https://www.cdc.gov/mmwr/volumes/72/wr/mm7207a1.htm>

ADULT
HEALTH BULLETIN

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