

WELLNESS WAYS



UNIVERSITY OF ILLINOIS
EXTENSION

College of Agricultural, Consumer and Environmental Sciences

Ideas For Eating Better For Less

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Eat Fruit And Your Child Will Too.

**Your child learns from watching you.
Make sure your child sees you eating fruit.**



- Serve fruit at meals and snacks.
- Children like to eat fruit they help to prepare. Give them small jobs helping to prepare fruit.

2-3 year olds:

- scrub fruit
- pick grapes off stems
- shake fruit drinks in a sealed container

4-5 year olds - *All that a 2 & 3 year old can do plus:*

- mash soft fruit
- peel some fruit like bananas
- cut soft fruits with a plastic knife with an adult's help

- Encourage your child to eat a variety of fruit by choosing different colored fruits each day.
- Make eating fruit fun. Be creative. Help your child make a funny face on a plate using different types of fruit.

Magical Fruit Salad – Serves 8

2 bananas
1 can (8 ounces) pineapple tidbits in juice, drained
1 can (15 ounces) fruit cocktail, drained

1 package instant vanilla pudding
1-3/4 cups low fat milk

1. Peel and slice bananas.
2. Place all fruit into a large bowl.
3. Combine instant pudding mix with milk. Stir until pudding thickens.
4. Add pudding to fruit and gently mix. Refrigerate leftovers.



NUTRITION FACTS (per serving) - Calories 150 ~ fat 1 g ~ calories from fat 5 ~ sodium 200 mg ~ total carbohydrate 35 g ~ fiber 2 g

Fruit Topper & Dip Makes about 1 1/2 cups

1 cup low-fat vanilla or lemon yogurt

1/2 teaspoon cinnamon (optional)

1 medium ripe banana, mashed

1 tablespoon frozen orange juice concentrate

1. Mix all ingredients together.
2. Serve as a topping for fruit or as a fruit dip.
3. Store leftovers in a covered container in the refrigerator.

Note: One serving is 2 tablespoons

NUTRITION FACTS (per 2 tablespoon serving) - Calories 30 ~ fat 0 g ~ calories from fat 0 ~ sodium 15 mg ~ total carbohydrate 7 g ~ fiber 0 g

Fruit Tips For Your Family

- Have fruit ready-to-eat for easy snacking. Keep washed and cut-up fresh fruit in the refrigerator, on a lower shelf, where your child can see it.
- Be creative in adding fruits to your family's meals:
 - Add fresh or canned fruit on top of cold cereals, pancakes or waffles.
 - Mix fresh, frozen or canned pieces of fruit into hot cereals.
 - Top salads with chopped fruit.
 - Keep a bowl of fresh fruit on the kitchen counter for quick, easy snacking.
- Children eat more fruit and veggies when meals are eaten together as a family.
- Encourage your child to try new fruit. Do not force your child to eat. It may take many times offering a new food before a child will taste it.



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