


Vary Your Veggies! Focus On Fruits!

Did you know that most fruits and vegetables are naturally low in fat, sodium, and calories? Most importantly, fruits and vegetables are an excellent source of many nutrients including:



Key Nutrients:

- ✓ Potassium
- ✓ Dietary Fiber
- ✓ Vitamin A
- ✓ Vitamin C
- ✓ Vitamin E
- ✓ Folate (folic acid)

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- ▲ Eating fruits and vegetables as part of an overall healthy diet may reduce the risk for many health problems, including: stroke, cardiovascular diseases, type 2 diabetes, and certain cancers, such as colon-rectum, mouth and stomach cancer.
- ▲ Fruits and vegetables rich in potassium may also reduce the risk of developing kidney stones and may help to decrease bone loss.
- ▲ Since fruits and vegetables are lower in calories per cup than other higher-calorie foods, they may be useful in helping to lower overall calorie intake. However, be careful when adding sauces or seasonings to fruits and vegetables, because at the same time you may also be adding fat, calories, or cholesterol.

| Veggies | Fruits |
|---|---|
| As a guide kids should eat 2.5 cups of vegetables each day! What equals 1 cup of vegetables? | As a guide kids should eat 1.5 cups of fruit each day! What equals 1 cup of fruit? |
| Carrots – about 12 baby carrots | Grapes – 32 seedless grapes |
| Broccoli – 3, 5" spears | Apple – 1 small apple |
| Celery – 2 large stalks | Strawberries – 8 large berries |

It may be helpful for kids to compare their portions to everyday objects to help choose the right amount!

- ▲ 1 medium apple or orange = a baseball
- ▲ 1/2 cup raisins = a large egg
- ▲ 1 cup vegetables = a baseball
- ▲ 1 small baked potato = a computer mouse



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What's New?



"Fruits and Veggies: More Matters"

The 2005 Dietary Guidelines for Americans recommends 5 to 13 servings of fruits and vegetables a day depending on age, size and gender. Therefore, the catchy "5 A DAY" slogan is being phased out by the Produce for Better Health Foundation.

Over the next year you will begin to see the new brand identity, "Fruits and Veggies: More Matters." Since fruits and vegetables – with fiber, vitamins, minerals, and other nutrients, play an important part in building healthy minds and bodies, we don't want to limit consumption to only "5 A DAY." Fruits and vegetables should be eaten freely by kids and all Americans.



SUPERFOODS: Tomatoes



Is a tomato a fruit or a vegetable? IT'S BOTH!

As a plant, tomatoes are a fruit. This is because, generally, a fruit is the edible part of the plant that contains the seeds, while a vegetable is the edible stems, leaves, and roots of the plant. When cooking, a tomato is often called a vegetable because they are used in savory dishes instead of sweet cooking. So a tomato is the fruit of the tomato plant, but can be used as a vegetable in cooking.

Recipe Corner

tomato salsa



Ingredients

- Tomatoes, diced 2 cups
- Garlic, crushed or finely chopped 1 clove
- Green jalapeno hot sauce (like Tabasco) 1 tsp.
- Green onions, thinly sliced ½ cup
- Salt ½ tsp.
- Lime juice 1 Tbsp.
- Cilantro (optional) 1 Tbsp.

Preparation:

1. Dice, chop and slice the tomatoes, garlic and onions.
2. Place all ingredients in bowl and stir to mix.
3. Keep refrigerated until ready to serve.
4. Serve with baked chips for dipping.

Yield: about 2 ¼ cups

Healthy Snack Ideas

- Fresh Fruit Smoothies
- "Salad Shaker" Salads
- Frozen 100% Juice Bars
- Fruit or Veggie Kabobs
- Cut-up Fruits and Veggies with Low-fat Dips
- Dried Fruits
- Toasted Pumpkin Seeds
- Celery or Apple Slices with Peanut Butter

Behind The Scenes

Chartwells and Action For Healthy Kids

Chartwells Recognizes the Importance of a team effort. Therefore, we are pleased to have an ongoing partnership with Action for Healthy Kids (AFHK), a national nonprofit organization with a grassroots network of State Team volunteers addressing the childhood obesity epidemic by focusing on improving nutrition and physical activity in schools. Chartwells has chosen AFHK as a partner because both groups share a common commitment to children's health. We look forward to continuing our work together to enhance your school district's ability to improve the health and well-being of students. Visit www.actionforhealthykids.org for more information.

Tip of the Day

Buy fresh fruits and vegetables in season. They cost less and are likely to have better flavor.