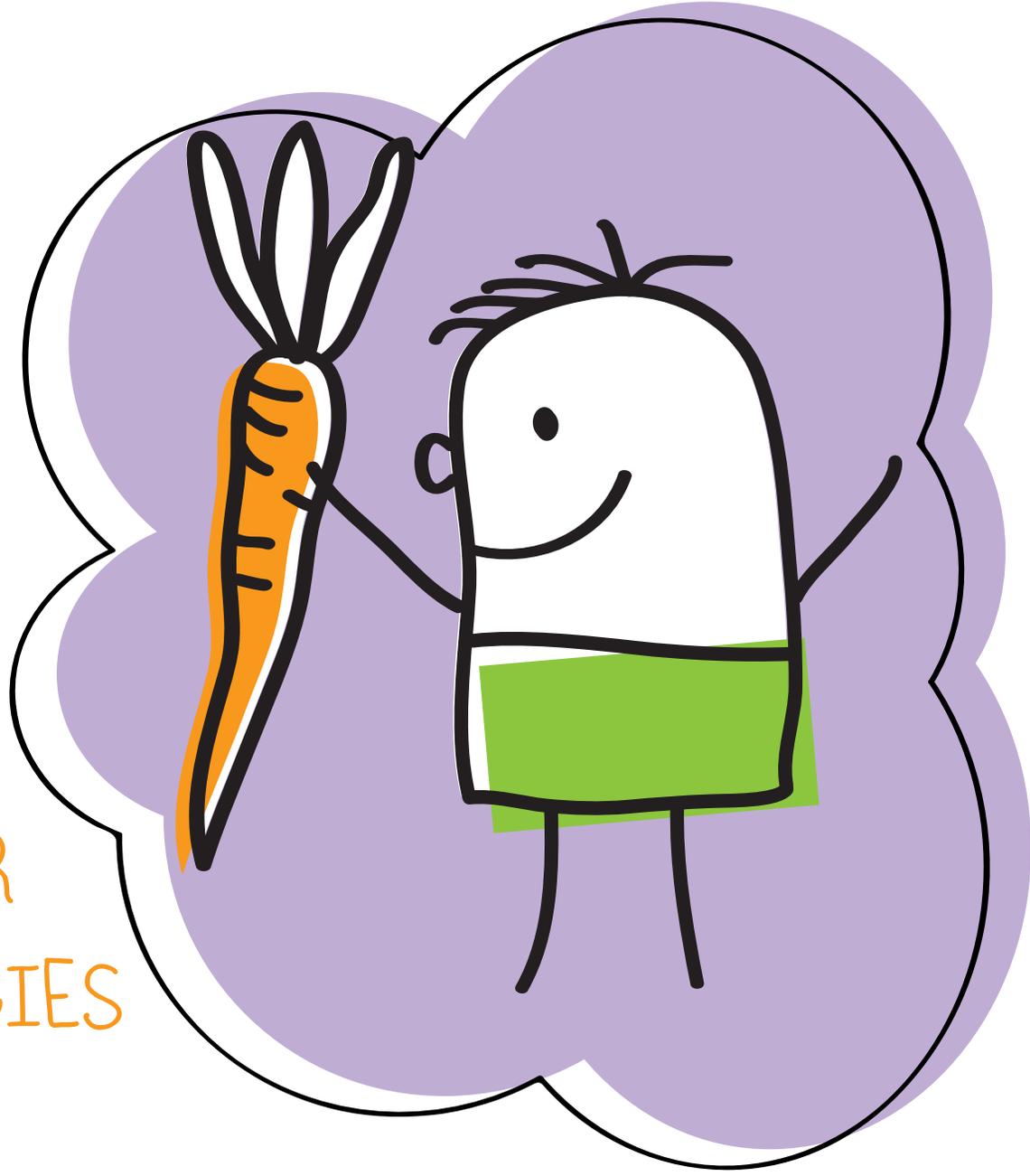
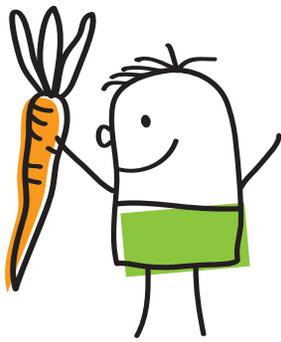


EAT
YOUR
VEGGIES





FRUIT / VEGGIES

Birth - 11 months

AGE	GO RECOMMENDED	STOP NOT RECOMMENDED
0 - 3 months	<p>Breast milk (preferred)</p> <p>Iron-fortified infant formula</p>	<p>Other foods at this age</p>
4 - 7 months	<p>A variety of different fruits and/or vegetables may be offered. All fruits and vegetables should be mashed, strained, or pureed to prevent choking.</p> <p>Fruits and vegetables should be served plain, without added fat, honey, sugar, or salt at this age.</p> <p>Some examples include:</p> <ul style="list-style-type: none"> • Commercially prepared baby fruits • Commercially prepared baby vegetables • Fresh or frozen fruits • Fresh or frozen vegetables • Canned fruits (in their natural juices and water) • Canned vegetables with no added sodium 	<p>Added fat, honey, sugar, or salt to fruits and vegetables</p> <p>100% fruit and vegetable juices until 12 months of age</p> <p>Fruit-based drinks with added sweeteners</p> <p>Food or drink other than breast milk and/or formula in a bottle unless medically necessary</p> <p>Pre-mixed commercially prepared fruits with more than one food item</p>
8 - 11 months	<p>A variety of different fruits and/or vegetables may be offered.</p> <p>All fruits should be cooked if needed and/or cut into bite-size pieces to prevent choking.</p> <p>All vegetables should be cut into bite-size pieces and cooked to prevent choking. Corn, specifically, should be pureed and cooked before serving.</p> <p>Fruits and vegetables should be served plain, with no added fat, honey, sugar or salt.</p> <p>Some examples include:</p> <ul style="list-style-type: none"> • Fresh or frozen fruits • Fresh or frozen vegetables • Canned fruits (in their natural juices or water) • Canned vegetables with no added sodium 	<p>Pre-mixed commercially prepared vegetables with more than one food item</p> <p>Fried vegetables and fried fruits</p> <p>The following fruits and vegetables are a choking hazard to children under 12 months.</p> <ul style="list-style-type: none"> • Dried fruit and vegetables • Raw vegetables • Cooked or raw whole corn kernels • Hard pieces of raw fruit such as apple, pear, or melon • Whole grapes, berries, cherries, melon balls, or cherry or grape tomatoes

Rationale

Why are fruits and vegetables important?

- The Dietary Guidelines for Americans encourage consumption of a variety of fruits and vegetables daily.
- Fruits and vegetables provide essential vitamins and minerals, fiber, and other substances that may protect against many chronic diseases.
- They are high in fiber.
- They help children feel fuller longer.
- They provide children with the opportunity to learn about different textures, colors, and tastes.
- They help children potentially develop life-long healthy eating habits.

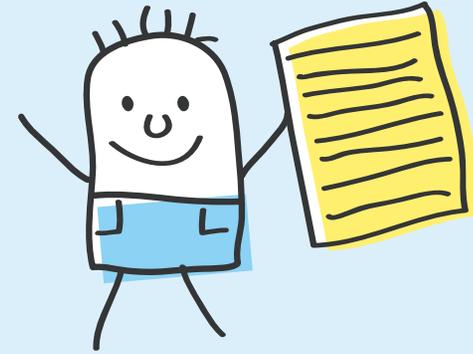
Why no commercially prepared fruit and/or vegetable mixtures?

- Portions of the food components in the mixture are not specified.
- Mixture may contain a new food that the child has not tried and may cause allergic reaction.

Portion Size

Watch for hunger and fullness cues.

AGE	ITEM	MEALS
4 - 7 months	Fruits and/or vegetables	0-3 Tbsp.
8 - 11 months	Fruits and/or vegetables	1-4 Tbsp.



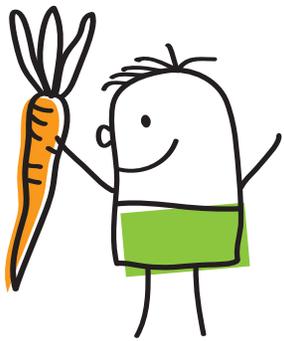
Sample policy support for program, staff, and family handbooks

Program and Staff

- We at (name of the program) support your child's healthy food choices by:
 - Gently encouraging children to try fruits and vegetables and giving positive reinforcement when they do.
 - Role-modeling positive behaviors by eating fruits and vegetables in the presence of the children.
 - Providing nutrition education.
 - During celebrations and holiday parties, our program will offer fruits and vegetables and other healthy foods.

Families

- Providing good nutrition for your child is a partnership. We at (name of program) ask for your support:
 - For packed lunches, please include fruits and/or vegetables.
 - For celebrations and holiday parties, please provide healthy foods (especially fruits and vegetables). An approved list of age-appropriate foods will be provided.



FRUIT / VEGGIES

1 - 2 years



RECOMMENDED

- A variety of different fruits and/or vegetables should be offered at every meal.
 - Fresh or frozen fruit (cut into bite-size pieces to prevent choking)
 - Fresh or frozen vegetables (cut into bite-size pieces and cooked to prevent choking)
 - Canned fruits (in their natural juices)
 - Canned vegetables with low sodium or no added salt



LIMIT

- 100% fruit and vegetable juices (with no added sweeteners) to no more than 1/2 cup (4 oz.) per day.
- Added fat, sugar, or sodium to fruits and vegetables



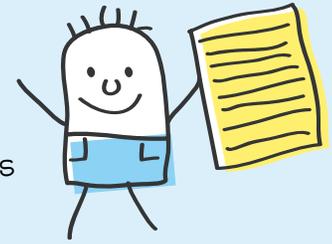
NOT RECOMMENDED

- Dried fruit and vegetables for children under 4 years (choking hazard)
- Fruit-based drinks with added sugars
- Fried vegetables and fried fruits

Rationale

Why are fruits and vegetables important?

- The Dietary Guidelines for Americans encourage consumption of a variety of fruits and vegetables daily. The current recommendation is at least 2 servings of fruits and 2 servings of vegetables per day.
- Fruits and vegetables provide essential vitamins and minerals, fiber, and other substances that may protect against many chronic diseases for children in this age group.
- They are high in fiber.
- They help children feel fuller longer.
- They provide children with the opportunity to learn about different textures, colors, and tastes.
- They help children potentially develop life-long healthy eating habits.



Sample policy support for program, staff, and family handbooks

Program and Staff

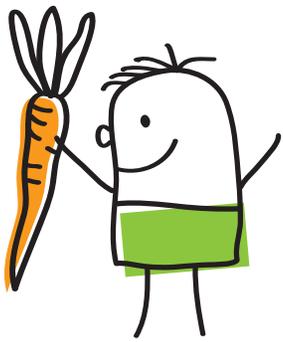
- We at (name of the program) support your child's healthy food choices by:
 - Gently encouraging children to try fruits and vegetables, and giving positive reinforcement when they do.
 - Role-modeling positive behaviors by eating fruits and vegetables in the presence of the children.
 - Providing nutrition education.
 - During celebrations and holiday parties, our program will offer fruits and vegetables and other healthy foods.

Families

- Providing good nutrition for your child is a partnership. We at (name of program) ask for your support:
 - For packed lunches, please include fruits and/or vegetables.
 - For celebrations and holiday parties, please provide healthy foods (especially fruits and vegetables). An approved list of age-appropriate foods will be provided.

Portion Size

ITEM	MEALS	SNACKS
Fruits and Vegetables (non-fried)	Exempt from portion-size upper limits: children may eat as many vegetables and fruits as they like	
	At least 1/4 cup of each fruits &/or vegetables should be offered at each meal	At least 1/2 cup of each fruits &/or vegetables should be offered at each snack
100% Fruit & Vegetable Juices with no added sweeteners	No more than 1/2 cup (4 oz.) per day	



FRUIT / VEGGIES

3 - 5 years

GO RECOMMENDED

- A variety of different fruits and/or vegetables should be offered at every meal including:
 - Fresh or frozen fruits*
 - Fresh or frozen vegetables*
 - Canned fruits (in their natural juices)
 - Canned vegetables with low sodium or no added salt
 - Dried fruit and vegetables (choking hazard for children under 4 years old)

* Note: for children under age 4, cut into bite-size pieces and cook to prevent choking.



LIMIT

- 100% fruit and vegetable juices to no more than 1/2 cup (4 oz.) per day
- Added fat, sugar, or sodium to fruits and vegetables



NOT RECOMMENDED

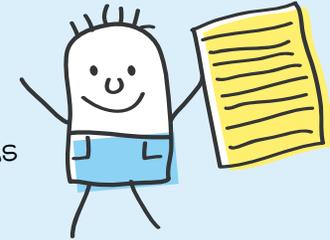
- Fruit-based drinks with added sweeteners
- Fried vegetables and fried fruits

Rationale

Why are fruits and vegetables important?

- The Dietary Guidelines for Americans encourage consumption of a variety of fruits and vegetables daily.
- Fruits and vegetables provide essential vitamins and minerals, fiber, and other substances that may protect against many chronic diseases.
- They are high in fiber.
- They help children feel fuller longer.
- They provide children with the opportunity to learn about different textures, colors, and tastes.
- They potentially help children develop life-long healthy eating habits.

Sample policy support for program, staff, and family handbooks



Program and Staff

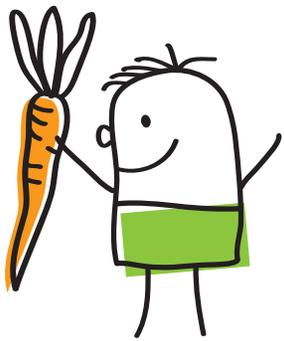
- We at (name of the program) support your child's healthy food choices by:
 - Gently encouraging children to try fruits and vegetables, and giving positive reinforcement when they do.
 - Role-modeling positive behaviors by eating fruits and vegetables in the presence of the children.
 - Providing nutrition education.
 - During celebrations and holiday parties, our program will offer fruits and vegetables and other healthy foods.

Families

- Providing good nutrition for your child is a partnership. We at (name of program) ask for your support:
 - For packed lunches, please include fruits and/or vegetables.
 - For celebrations and holiday parties, please provide healthy foods (especially fruits and vegetables). An approved list of age-appropriate foods will be provided.

Portion Size

ITEM	MEALS	SNACKS
Fruits and Vegetables (non-fried)	Exempt from portion-size upper limits: children may eat as many vegetables and fruits as they like At least 1/2 cup of each fruit and/or vegetable should be offered at each meal and snack.	
100% fruit and vegetable juices with no added sweetener		No more than 1/2 cup (4 oz.) per day



FRUIT / VEGGIES

6 - 12 years

GO RECOMMENDED

- A variety of different fruits and/or vegetables should be offered at every meal including:
 - Fresh or frozen fruits*
 - Fresh or frozen vegetables*
 - Canned fruits (in their natural juices)
 - Canned vegetables with low sodium or no added salt
 - Dried fruit and vegetables (choking hazard for children under 4 years old)

* Note: for children under age 4, cut into bite-size pieces and cook to prevent choking.



LIMIT

- 100% fruit and vegetable juices to no more than 1/2 cup (4 oz.) per day
- Added fat, sugar, or sodium to fruits and vegetables



NOT RECOMMENDED

- Fruit-based drinks with added sweeteners
- Fried vegetables and fried fruits

Rationale

Why are fruits and vegetables important?

- The Dietary Guidelines for Americans encourage consumption of a variety of fruits and vegetables daily.
- Fruits and vegetables provide essential vitamins and minerals, fiber, and other substances that may protect against many chronic diseases.
- They are high in fiber.
- They help children feel fuller longer.
- They provide children with the opportunity to learn about different textures, colors, and tastes.
- They potentially help children develop life-long healthy eating habits.

Sample policy support for program, staff, and family handbooks



Program and Staff

- We at (name of the program) support your child's healthy food choices by:
 - Gently encouraging children to try fruits and vegetables, and giving positive reinforcement when they do.
 - Role-modeling positive behaviors by eating fruits and vegetables in the presence of the children.
 - Providing nutrition education.
 - During celebrations and holiday parties, our program will offer fruits and vegetables and other healthy foods.

Families

- Providing good nutrition for your child is a partnership. We serve healthy meals and snacks in our program and our staff models healthy eating behaviors throughout the day. We ask for your support by:
 - Packing healthy lunches and snacks including only water, milk, or 100% juice, limited to 1/2 cup (4 oz.). Please provide 1% or fat-free milk.
 - Bringing healthy foods for celebrations and holiday parties, including water, milk, or 100% juice. Please provide 1% or fat-free milk for children aged 2 years and older.

Portion Size

ITEM	MEALS	SNACKS
Fruits and Vegetables (non-fried)	Exempt from portion-size upper limits: children may eat as many vegetables and fruits as they like	At least 3/4 cup of each fruit and/or vegetable should be offered at each meal and snack.
100% fruit and vegetable juices with no added sweetener	No more than 1/2 cup (4 oz.) per day	