

EAT YOUR COLORS TO STAY HEALTHY & FIT

It is essential to get a colorful variety of fruits and vegetables into your diet every day! WHY? Because colorful fruits and vegetables provide the wide range of vitamins, minerals, fiber and phytochemicals your body needs to maintain good health and energy levels.

Eating 5 or more colorful fruits and vegetables a day is part of an essential plan for healthier living. It protects against the effects of aging and reduces the risk of cancer and heart disease.

It's easy to get 5 to 9 servings of fruits and vegetables into your diet every day. Just remember to think color!

- Toss fruit into your green salad for extra flavor, variety, color, and crunch.
- Expand your palate and your palette with green, red, orange, yellow, and purple peppers.
- Think frozen! Frozen fruits and vegetables are just as healthy as fresh, and they're ready when you need them.
- Save time with pre-cut vegetables and salad mixes.
- Add apples, raisins, or pineapple chunks to deli salads like chicken, tuna, or pasta.
- Add frozen mixed vegetables to canned or dried soups.
- Make a quick smoothie using frozen fruit.
- Keep an easy-to-grab, pre-washed bowl of fruit on the counter. www.5aday.com



GROWN UP CORNER - TV TURNAROUND

(source: www.childrenshealthfund.org)



Too much TV can lead to poor health learning or health problems like being overweight. Setting limits and keeping an eye on what your children watch can turn TV into a way for the whole family to learn together. **Most doctors recommend no more than 2 hours of TV a day for children.**

- Let TV be a reward for good behavior. For example, No TV until homework and chores are done.
- Help your child to be active - limit time watching TV and playing video games to 2 hours a day.
- Help your child pick the programs he or she wants to watch.
- Talk with your child about what he or she watches on TV
- Only turn on the TV when you are watching a program.
- Turn the TV off during meals.
- Choose one day a week for your family to be "TV Free." Instead of watching TV, play games, read or go for a walk together.

Did you know that many kids in the United States spend more time watching TV every year than they spend in school?