

Focus On Your Fruits

5210 Introduction

Most Americans only eat about half of the quantity of fruit recommended for their diet. But many of us drink far too much fruit juice. Fruit juices can be high in energy, but low in fiber and full of processed sugars, which can damage your teeth and overall health. Whole Fruits are better choices and will fill you up. Use the challenges below to start exploring ways you can help children increase their whole fruit in take.

#fruits
#healthylifestyles
#5210HMC



Post to Social Media

Just copy, paste and post!



Eating seasonal fruits adds more variety to your diet throughout the year. And just like with veggies, choosing different colored fruits increases the variety of nutrients, which can enhance your health! Start incorporating more fruits into your diet by trying our favorite fruit salad recipe <https://bit.ly/2UGGn0z>. Let us know your favorite fruits and how to prepare them. To learn more about 5210 Healthy Military Children, visit 5210.psu.edu!



Did you know that children ages 4-8 need 1 to 1½ cups of fruit each day? Start getting your kids to eat a variety of fruits every day. Use our fruit salad recipe <https://bit.ly/2UGGn0z> to get started!
#5210HMC #fruits #healthylifestyles

Choose a Challenge

Citrus Stamping

<https://5210.psu.edu/wp-content/uploads/2018/10/Citrus-Painting-hmc.pdf>

Focus on Fruits

<https://5210.psu.edu/wp-content/uploads/2018/10/Focus-on-Fruits-hmc.pdf>

Fruit Salad Recipe

<https://5210.psu.edu/wp-content/uploads/2018/10/Fruit-Salad-Recipe-hmc.pdf>

Surprise Bag

<https://5210.psu.edu/wp-content/uploads/2018/10/Surprise-Bag-hmc.pdf>

Provide Feedback

Complete the feedback tool to let us know how your monthly booster went - what did you do, how and where did you distribute information, who all got involved, what worked, what didn't work, what did you like, what didn't you like, what did the kids and families seem to enjoy, or give us your ideas!

[5210 Monthly Booster Feedback Tool](#)