



Kids in Nutrition

Encouraging the younger generation to
lead healthier, more sustainable lives!

Weekly Newsletter
kidsinnutrition.org

Email us at info@kidsinnutrition.org!



Week 2: Fruits & Vegetables

Eating a diet rich in fruits and vegetables not only provides essential nutrients and vitamins, but also reduces one's risk for heart disease, cancer, obesity, and type 2 diabetes. According to Harvard's Healthy Eating Plate, a guide to creating balanced meals, fruits and vegetables (excluding potatoes) should take up half of our plates. In this lesson, we focus on eating a colorful variety of fruits and vegetables in order to get our nutrients.

Lesson Objectives:

- Explain why fruits and veggies are beneficial for your health.
- Describe how to increase intake of fruits and veggies.
- Describe the daily recommendation of fruits and veggies.



KIN's
Healthy Heart Tree

Nutrients & Vitamins

Nutrients are substances that are essential for health, growth, and survival. Since our bodies do not produce our own nutrients, we must obtain them from our diet. Some foods have more nutrients than others. Vitamins are a type of nutrient that the body needs in order to work properly.

> **Fiber** consists of soluble and insoluble fiber. Soluble fiber, such as from oatmeal and beans, dissolves in water and can help lower blood sugar and cholesterol levels. Insoluble fiber does not dissolve in water, helps food move through your digestive system, and supports regular bowel movements. Foods with insoluble fiber include whole wheat bread, brown rice, and legumes.

> **Calcium** helps build strong bones and teeth and is essential for muscle function. You can find calcium in tofu, dark leafy greens, dairy, and fortified-non dairy milks.

> **Iron** helps blood transport oxygen throughout our bodies. Foods with iron include spinach, beans, and tofu.

> **Potassium** is a mineral that helps regulate fluid balance, nerve signals, and muscle contraction. Sources include bananas and sweet potatoes.

> **Vitamin C** allows the immune system to function properly and is involved in wound healing and collagen formation. Sources of Vitamin C include citrus fruits, broccoli, and kiwis.

Eat the Rainbow!

Here are some ideas to add more color (and nutrients) into your diet:



Watermelon, tomato, red bell pepper



Orange bell pepper, butternut squash, carrot



Corn, yellow squash, banana



Avocado, spinach, kiwi



Blueberry, eggplant, beets



Eat at least one fruit or vegetable from every color of the rainbow! As a bonus challenge, fill half your plate at dinnertime with fruits and vegetables!

Week 2 Recipe: *Tropical Green Smoothie*

Prep time: 5 minutes

Servings: 1-2

Ingredients:

- $\frac{3}{4}$ cup frozen mango
- $\frac{1}{2}$ cup frozen spinach
- A couple frozen cauliflower florets
- $\frac{3}{4}$ cup plant-based milk
- $\frac{1}{2}$ of a banana (or a whole banana for more sweetness)
- Optional: A couple scoops of plain, unsweetened Greek yogurt or plant-based yogurt to make the smoothie creamier



Instructions:

1. Place the ingredients in the blender.
2. Blend and add extra plant-based milk if the consistency is too thick.
3. Enjoy!