Fabulous Fruits
So many fresh fruits are available in the summer. Fruit is such an important part of you and your children’s diets and make fun and nutritious additions to meals and snacks. The following are a list of fruit’s benefits.

- Citrus fruits, including oranges, lemons, limes, and grapefruit, and their juices help to prevent cardiovascular disease
- Most fruits have high water content, and water is essential for the human body
- Fruits have Vitamin C, which is important for growth and repair of all body tissues, helps heal cuts and wounds, and keeps teeth and gums healthy
- Fruits have folic acid, which helps the body form red blood cells and is important for women of childbearing age
- Soluble fiber in fruits may help to block the absorption of cholesterol from food
- Increased fruit consumption can help to prevent many types of cancers
- Insoluble fiber found in fruit can aid digestive health, including calming irritable bowel syndrome
- A diet rich in fruits can help prevent eye diseases such as cataracts and macular degeneration
- Some fruits are high in potassium, which may help to reduce the risk of developing kidney stones and may help to decrease bone loss
- Eating fruits instead of other higher calorie options may be useful in lowering calorie intake

How to Get Your Kids to Eat More Fruit
The first step is for you to show your children that you enjoy fruit. It is important to offer your children fruits in a variety of ways. Do not assume that children dislike a particular fruit because they might not want to eat it one day and enjoy it the next day. Children’s tastes tend to change with age. Some key steps to getting your children to eat more fruit are:
• Involve your children in food preparation and planning

• Make eating food enjoyable

• Pay attention to the presentation of food

• Include fruits in meals and snacks

• If your kids don’t like a fruit, keep offering them new ones

Involve Children in Food Shopping and Preparation:
• Ask your children to choose which fruits they like

• Take your children grocery shopping and let them see, smell, and feel different types of fruit

• Let your children help wash and prepare fruits

• Help your children count out grapes or berries into a bowl

Common Fruit Issues:
• Whole fruits are preferred over fruit juices because juices may be a good source of some vitamins, but they are also high in natural sugars and low in fiber

• Fruit bars may contain some fruit, but they are usually low in fiber, higher in sugar, and stick to children’s teeth

• Fruits should always be washed before eating to reduce the risks of contamination

• Save money by buying fruits that are in season or by buying frozen fruits

• To reduce the risks of choking, young children should always be seated and supervised while eating chopped and raw fruits

Source: (www.hsph.harvard.edu; www.betterhealth.vic.gov; www.mypyramid.gov)