



CHILDREN UNDER TWO NEED

Five A Day

squash
star fruit
corn
bananas
pineapples
mangoes



peas
beans
spinach
avocados
kiwis
broccoli
zucchini
pears
greens



As your baby makes the transition from an all-milk diet to one that includes a variety of fruits and vegetables, she'll need your help – five times each day.

oranges
peaches
cantaloupe
carrots
apricots
sweet potatoes
pumpkin
papaya



apples
red peppers
strawberries
tomatoes
watermelon
cherries



grapes
raspberries
plums
eggplant
blueberries
prunes



5 SERVINGS
— EQUAL —
2½ JARS



Nutrition experts recommend five or more servings of fruits and vegetables a day — even for toddlers.

But how many slices of fruit or tablespoons of greens equal a serving? Gerber makes it easy. Just remember 2½ jars of our fruits and vegetables meet that daily recommendation. Just two and a half jars – the measure of a healthy infant and toddler diet.

“Don’t ‘trick’ your kids into eating fruits and vegetables. Help them learn to enjoy them by offering them a wide-variety of good tasting choices ... Cultivate an attitude of curiosity and anticipation ...”

Secrets of Feeding a Healthy Family
Ellyn Satter, Kelcy Press, 1999

5 TIPS FOR REACHING THE FIVE-A-DAY GOAL

1. Introduce the traditional favorites first (apple-sauce, bananas, carrots, sweet potatoes).
2. Later, offer new flavors along with familiar favorites. It may take several tries before your baby learns to like some fruits and vegetables.
3. Respect your child's personal preferences. No one fruit or vegetable is going to make or break your child's diet.
4. Convenience is key. Baby food in a jar is easy, safe, portable, nutritious and comes in appropriate portion sizes.
5. Let the colors of the rainbow be your guide each day. The more variety, the better!

DOES YOUR FAMILY...

	Yes	No
Drink 100% fruit or vegetable juice at least once a day?	<input type="checkbox"/>	<input type="checkbox"/>
Eat a green salad with other vegetables several times each week?	<input type="checkbox"/>	<input type="checkbox"/>
Limit French fries to 2 or 3 times per week or less?	<input type="checkbox"/>	<input type="checkbox"/>
Eat vegetables other than potatoes and salad every day?	<input type="checkbox"/>	<input type="checkbox"/>
Eat whole fruits (in addition to juices) every day?	<input type="checkbox"/>	<input type="checkbox"/>
Eat a colorful assortment of foods throughout the day?	<input type="checkbox"/>	<input type="checkbox"/>
Like to try new and interesting foods?	<input type="checkbox"/>	<input type="checkbox"/>
Would you like to know more about eating 5 A Day?	<input type="checkbox"/>	<input type="checkbox"/>

If you have answered “yes” to 5 or more of these questions, your family is well on their way to eating five a day!

For more information, visit <http://www.5aday.gov>.

Adapted from: National Institutes of Health – Fruit and Vegetable Screener.