

FRUITS AND VEGETABLES. TAKE 5



Easy ways to eat more Fruits and Veggies



Try a smoothie made from fresh or frozen berries, bananas, ice and yogurt.



Add vegetables like broccoli, carrots, and cauliflower to pasta and meat recipes.



If you see it you will eat it! Leave out cut-up fruits and vegetables so you and your family can snack on them.



Have a fruit or a vegetable juice with your breakfast.



Try having vegetables such as broccoli, cauliflower, or spinach in a baked potato topped with low-fat cheese as a fun and easy meal.



Have a fruit with your breakfast whole, or cut up into your cereal.



Soup is a great place to have lots of vegetables. You can cut up them up into chunks or puree them for a thicker consistency.



Try freezing banana slices or grapes for a cool and tasty snack.

The Kids Weight Down Program offers weight loss services for child obesity. We offer these services as part of the Maimonides Infants & Children's Hospital of Brooklyn. The Kids Weight Down Program works with overweight and obese children and teenagers, as well as their families, to help them learn healthy food and exercise habits. We guide groups and individuals with nutrition, exercise and counseling.