



Eat 5 or More Servings of Fruits and Vegetables a Day!

Eating a variety of fruits and vegetables every day keeps your body and brain healthy and strong.

What is a Serving Size?



For kids, the size of their palm is a good estimate of one serving size. See the [Dietary Guidelines for Americans, 2020-2025](#), for more details.

Shop

It All Counts

- Fresh, frozen, and canned fruits and vegetables are good options. When buying frozen or canned fruit, choose products without added sugars. For canned vegetables, look for those without added salt.
- Include a variety of colorful fruits and vegetables to get more vitamins and minerals.
- Buy in season produce for the best flavor and price. Discover [seasonal California-grown produce](#).

Make

Get Ready

- Prepare different fruits and vegetables for a snack on the go.
- Invite kids in the kitchen to help. Kids are more likely to eat foods they helped make.
- Prep fruits and vegetables for babies and toddlers [with this food database resource](#) to help you confidently introduce new foods.

Go Local!



Visit a local farmers' market and invite kids to go on a [Farm 2 Table Adventure!](#)

Find a community supported agriculture (CSA) program or farm stand that accepts [SNAP EBT](#).

Enjoy

Eating Together is Special

- Set a regular time for family meals.
- Keep an open mind about new foods; it may take over ten tries for a child to like a new vegetable.
- Embrace your cultural traditions by including more fruits and vegetables in familiar dishes or start a new tradition you can celebrate in your way!

