

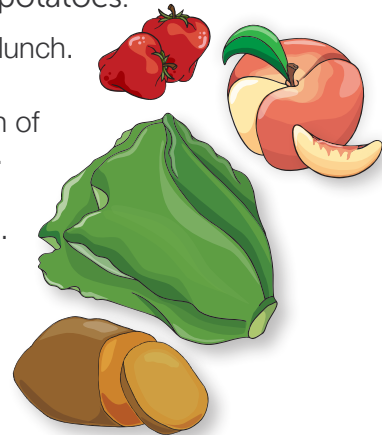
top ten for kids



Eat right with colorful fruits and vegetables:

apricots, broccoli, peaches, carrots, kiwi, romaine & leaf lettuce, strawberries, spinach, oranges, sweet potatoes.

- Enjoy a dish of canned **apricots** or **peaches** with your lunch. Buy fruit packed in 100% juice.
- Peel an **orange** and break it into segments. Keep a dish of orange segments in the refrigerator, ready for a snack.
- Serve sliced **strawberries** on yogurt, cottage cheese, breakfast cereal, peanut butter sandwich or pancakes.
- Chop **dark green leaf lettuce** or **romaine lettuce** and add to tacos, quesadillas or sandwiches.
- Bake a dark orange **sweet potato**. Top with chopped ham and shredded cheese for a quick lunch.



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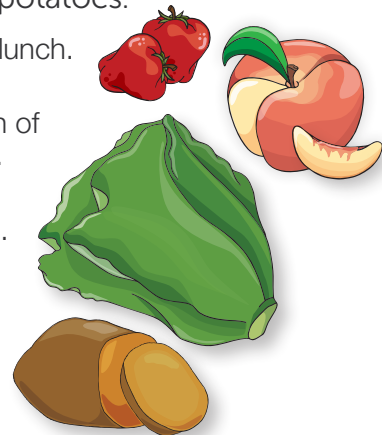
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