Healthy Eating is Good For You - From Head to Toe

Vegetables and fruits can do amazing things for your body. Eat as many of these foods as you can for a better diet. To find out why, read on.

### Skin - Vegetables and Fruits Help Keep Your Skin Healthy

- **Broccoli**
- **Carrots**
- **Spinach**
- **Kale**

### Bones - Vegetables and Fruits Help Keep Your Bones Strong

- **Banana**
- **Tomatoes**

### Muscles - Vegetables and Fruits Help Keep Your Muscles Strong

- **Green Beans**
- **Oranges**
- **Kiwifruit**
- **Avocado**

### Teeth - Vegetables and Fruits Help You Have a Healthy Smile

- **Green Beans**
- **Apples**
- **Raspberries**

### Heart - Vegetables and Fruits Help Your Heart Be Healthy

- **Green Beans**
- **Apples**
- **Tomatoes**
- **Blueberries**
- **Avocado**

### Eyes - Vegetables and Fruits Help Keep Your Vision Strong

- **Broccoli**
- **Carrots**
- **Spinach**
- **Green Beans**

### Digestive System - Vegetables and Fruits Help Keep Your Digestive System Clean

- **Green Beans**
- **Apples**
- **Kiwifruit**

### Brains - Vegetables and Fruits Help You Learn Better in School

- **Broccoli**
- **Carrots**
- **Spinach**
- **Kale**

### Teeth - Vegetables and Fruits Help You Have a Healthy Smile

- **Green Beans**
- **Apples**
- **Raspberries**

### How Much Vegetable and Fruit to Eat

- **Yellow**
- **Orange**
- **Red**
- **Dark Green**

### Why Eat Vegetables and Fruits?

- **Fruits and vegetables**
- **Are good for your health**
- **Are good for your bones**
- **Are good for your teeth**

### How Long Should You Eat?

- **At least 5 minutes**

### How Many Calories?

<table>
<thead>
<tr>
<th>Calories</th>
<th>Carbohydrates</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>140 mg</td>
<td>3 g</td>
<td>2 g</td>
</tr>
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</table>

### Nutrition Information

<table>
<thead>
<tr>
<th>Calories</th>
<th>Carbohydrates</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>281</td>
<td>46 gm</td>
<td>7.9 gm</td>
</tr>
</tbody>
</table>

### How to Use Vegetables and Fruits

1. **Eat a piece of fruit at breakfast or add some fruit to your cereal or oatmeal.**
2. **Enjoy your favorite vegetable as a snack.**
3. **Eat the vegetables and fruits served in your school’s lunch.**
4. **Ask your family to include your favorite vegetable at dinner.**
5. **Pick out a piece of fruit the next time you are food shopping.**
6. **Sprinkle with cinnamon.**

### Where Are All the Vegetables and Fruits?

<table>
<thead>
<tr>
<th>Vegetables and Fruits</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Broccoli</td>
<td>1 cup</td>
</tr>
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<td>Carrots</td>
<td>1 cup</td>
</tr>
<tr>
<td>Spinach</td>
<td>1 cup</td>
</tr>
<tr>
<td>Kale</td>
<td>1 cup</td>
</tr>
</tbody>
</table>

### Directions

1. **Wash hands with warm water and soap.**
2. **Wash apple.**
3. **Cut the apple and take out the seeds.**
4. **Spread the peanut butter on both slices of bread.**
5. **Layer the fruits on top of the peanut butter.**
6. **Roll up the sandwich.**
7. **Sprinkle with cinnamon.**

### Total Calories

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### Peanut Butter and Fruit Sandwich

**Ingredients**

- 1 banana, thinly sliced
- 2 tablespoons peanut butter
- 2 tablespoons maple syrup

**Directions**

1. Wash hands with warm water and soap.
2. Wash apple. Cut the apple and take out the seeds.
3. Spread the peanut butter on both slices of bread.
4. Layer the fruits on top of the peanut butter.
5. Roll up the sandwich.

**Nutrition Information per Serving**

- Calories: 281
- Carbohydrates: 46 gm
- Protein: 7.9 gm
- Fat: 9.37 g
- Cholesterol: 0 mg
- Fiber: 3.3 gm

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### Recipes

**Peanut Butter and Fruit Sandwich**

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### There Are Many Ways to Fuel Up with Vegetables and Fruits During the Day!

1. **Eat a piece of fruit at breakfast or add some fruit to your cereal or oatmeal.**
2. **Enjoy your favorite vegetable as a snack.**
3. **Eat the vegetables and fruits served in your school’s lunch.**
4. **Ask your family to include your favorite vegetable at dinner.**
5. **Pick out a piece of fruit the next time you are food shopping.**
6. **Eat a piece of fruit for a quick snack.**

### Eating Smart to Play Hard!

You need at least 60 minutes of physical activity every day. Physical activity should be fun! Do things you enjoy like riding your bike, playing with your pet, dancing with your friends, or running around at recess.

### For fun games and recipes, visit the Family Table

Visit [EatWellBeWell.org](http://EatWellBeWell.org) or call 1-800-695-3335.

**BRIGHTEN the Family Table**

USDA is an equal opportunity provider and employer. This material was funded by Brighten the Family Table. For fun games and recipes, contact 1-800-352-8401. AzNN 10/16

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. AzNN 10/16.