EAT VEGETABLES & FRUIT WITH LITTLE OR NO ADDED FAT, SUGAR OR SALT

TRY TO EAT ONE ORANGE AND ONE DARK GREEN VEGETABLE EACH DAY

KIDS AGED 4 TO 13: TRY TO EAT 5 TO 6 SERVINGS A DAY

Eating a variety of vegetables and fruit each day helps build healthy hearts, healthy bones, and healthy bodies.