



Healthy for life™ is a commitment to the future success of our children. ARAMARK Education offers tools and support to parents and teachers in their efforts to enable a lifetime of healthy habits. Together, we can help make Healthy for Life™ a reality.



Parent Tips:

It's important for you to eat your fruits and veggies and encourage your children to do the same. There are many varieties readily available. Set an example and inspire your children to follow your lead.

Why not plant a small vegetable or window garden with your child? Get exercise while teaching them how vegetables are grown!

Let's take a closer look at fruits

FACT: 8 Secrets to make fruit a habit!

Teens have a **70%** chance of being overweight as an adult.

- Keep a bowl of whole fruit on the table, counter, or in the refrigerator.
- Refrigerate cut-up fruit to store for later.
- Buy fresh fruits in season when they may be less expensive and at their peak flavor.
- Buy fruits that are dried, frozen, and canned (in water or juice) as well as fresh, so that you always have a supply on hand.
- Consider convenience when shopping. Buy pre-cut packages of fruit that do not have added sugars.

- Regularly select potassium-rich fruits, like bananas, dried peaches and apricots, cantaloupe, honeydew melon, and orange juice.
- When choosing canned fruits, select fruit canned in 100% fruit juice or water rather than syrup.
- Vary your fruit choices. Fruits differ in nutrient content.

Source: www.mypyramid.gov

For the best nutritional value:

- Make the most of your choices by selecting whole or cut fruits rather than juice. The whole fruit contains more health-promoting dietary fiber, whereas juice typically contains little to none.

