



## The power of vitamins, minerals and water

Your child has learned about two powerful vitamins, vitamins A and C in class. **Vitamin A** keeps our eyes healthy and keeps us from getting sick. **Vitamin C** helps heal cuts and protects us from infections. You can find these vitamins in many fruits and vegetables, especially **dark green** or **orange** fruits and vegetables such as:

### Orange

- Carrots
- Cantaloupe
- Sweet potatoes
- Orange peppers
- Oranges
- Squash

### Dark Green

- Spinach
- Kale

- Broccoli
- Green peppers
- Romaine and other dark greens
- Lettuce

Don't forget **red/yellow, white and blue/purple** fruits and vegetables! They have vitamins and fiber.

### Red/Yellow

- Tomatoes
- Red or yellow peppers
- Strawberries

### White

- Cabbage
- Cauliflower

### Blue/Purple

- Eggplant
- Blueberries



### Mighty calcium

A powerful mineral that your child learned about is calcium. Calcium builds strong bones and teeth. Low-fat cheese, milk and yogurt are especially good sources of calcium.

#### What can you do to get more calcium in the foods you and your children eat?

Your children take their lead from you and watch what you do. If they see you eating some of the foods below, they are more likely to do so, too.

- Add milk to foods, such as cold, low-fat milk in whole-grain cereal or hot oatmeal, or soups made with milk.
- Add low-fat cheese to salads, tacos, burritos and sandwiches.
- Choose low-fat yogurt or pudding for a snack or dessert.
- Drink low-fat milk with meals or make smoothies (with milk or yogurt) for breakfast or a snack.

**If you can't drink milk, here are ways you can make sure you get enough calcium:**

- Many foods have added calcium, such as juices or cereals.
- Eat canned fish with bones, such as salmon.
- Calcium-fortified soy drinks have calcium added to them. Other soy foods like soybeans, soy yogurt and tempeh also have calcium.

For more tips go to <http://www.choosemyplate.gov/food-groups/dairy.html>



## Make family time, active time

Take the family to pick their own fruits or veggies. This is a great way to be active together. Go to <http://www.pickyourown.org/MO.htm> to find a pick-your-own farm near you when these fruits and veggies are available.

## Wonderful water

Every part of your body needs water! To make sure you're getting enough:

- Choose water instead of sugary drinks (see the recipe below).
- Satisfy your thirst with water.
- Eat fruits and vegetables. Many are mostly water!

### Recipe:

## Fruity water

**Adults:** Here's a tasty way to get your child to drink more water. Wash your hands, scrubbing for 20 seconds or as long as it takes to sing the ABCs.

**Kids:** Choose the fruits to put in the pitcher. Try different combinations of fruit!

### Ingredients:

Fresh fruit (if you are using large fruit like oranges, apples\*, lemons, grapefruit, peaches\* or watermelon\*, cut into small wedges; small fruit like berries can be used whole)  
Pitcher of water

### How to make it:

1. Wash surfaces. Wash fruit by running under cold water.
2. Place washed fruit into pitcher of water and cover.
3. Put pitcher in refrigerator overnight.
4. Serve.

**Note:** It doesn't take much fruit to give the water a fruit flavor. You may need to remove some fruits from the water after the first day before they begin to soften and fall apart in the water.

\*Consider locally grown. Go to <http://agebb.missouri.edu/fmktdir/harvest.htm> for a Missouri fruit and vegetable harvest calendar and a Missouri farmers market directory.

View videos to see how moms are helping their families eat healthier foods, get more information at [http://www.fns.usda.gov/fns/corenutritionmessages/especially\\_for\\_moms\\_page.htm](http://www.fns.usda.gov/fns/corenutritionmessages/especially_for_moms_page.htm)

