



A MINUTE OF HEALTH WITH CDC

Eat Your Fruit and Vegetables

Fruit and Vegetable Intake Among Children --- United States, 2003-2010

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[Announcer] This program is presented by the Centers for Disease Control and Prevention.

Getting kids to eat their fruits and vegetables is a common problem for many parents, but it's a battle worth fighting. Children are eating more whole fruit, however, 60 percent of children get fewer fruits than recommended and 93 percent don't get enough vegetables.

Eating fruits and vegetables adds important nutrients, helps control weight, and reduces the risks for many serious diseases. Good eating habits developed in childhood can last a lifetime. Parents—eat a variety of fruits and vegetables with your children and offer them as snacks, instead of foods high in fats and added sugars.

Thank you for joining us on a Minute of Health with CDC.

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