

In This Section

Five or More Servings of Fruit and Vegetables a Day

Eat at least **five** fruits and vegetables a day.

Healthy Kids' Snacks

Encourage Healthy Choices

Sample Parent Letter

Go Foods, Slow Foods, Whoa Foods

Nonfood Rewards at Home

Making Your Own Baby Food

Breakfast is Best!

A Meal is a Family Affair

To have fruits and vegetables year-round, add frozen or canned.

What's a Healthy Portion?

The Fittest Food

MyPyramid for Preschoolers

