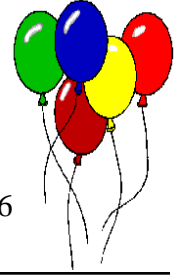




NUTRI-NEWS



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"Balloons for a Balanced Lunch"
NUTRI-SERVE FOOD MANAGEMENT, INC

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Nutri-Serve's Wellness Campaign— Fruits/Veggies High in Vitamin A

The past two Nutri-News have discussed Nutri-Serve's wellness campaign featuring the food groups and flags coordinated with each.

Flags for each food group are coordinated with the colors of the Food Guide Pyramid. These flags are hung in each school serving line to reinforce with students that choosing foods from each of these groups will lead to a balanced lunch.

In our January issue we talked about the blue or milk flag and in December we discussed the purple or protein flag. This month we feature one of children's favorite groups—fruits and vegetables high in Vitamin A (the red flag).

What foods are included in this food group?

A rule of thumb generally, is the more colorful the fruit or vegetable, the higher its nutrient content. Fruits and vegetables rich in Vitamin A content are those that are of deep red or orange color such as peaches, cantaloupe, apricots, sweet potatoes and carrots. Two or more servings of fruits and/or vegetables should be offered each day. A great website for recipes and ideas at home can be found at:

www.fruitsandveggiesmorematters.org



Why is this food group important in a healthy diet?

Fruits provide an excellent source of vitamins, minerals and fiber. Vitamin A promotes normal vision, helps keep the immune system healthy to fight infections (especially important in the winter), maintains good tissue and skin health and works as an antioxidant which may reduce one's risk of cancer.

Generally, children accept fresh fruits and vegetables the best. An adult can set a good example for children by eating these foods regularly in their own diet during meals and snacks.

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