

## Fun Recipes

### For Parents and Kids!

#### ▶ Super Spud Crisps

(Makes 6 servings. 1 potato = 1 serving)

- 1/2 cup Italian seasoned bread crumbs
- 1 tsp paprika
- 1 tsp salt
- 1/8 tsp pepper
- 4 large potatoes, peeled and halved
- 2 tbsp olive oil or soft margarine, melted

#### Directions:

Combine bread crumbs and seasonings in a bowl. Peel potatoes, cut in half lengthwise, and brush with melted margarine or oil. Roll in crumb mixture. Place on a greased pan. Cover and bake at 350°F for 1 hour or until tender.

#### ▶ Grapescicles

(1/2 cup = 1 serving)

- Seedless grapes
- Toothpicks



#### Directions:

Wash grapes and put toothpick in each one. Place on plate and freeze for 2 hours. Take out and enjoy!!

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#### Fruit Cone

(Makes 2 cones. 1 cone = 1 serving)

- 1 cup fresh fruit (strawberries, melons, grapes)
- 2 ice cream cones
- Honey
- Granola

#### Directions:

Fill the ice cream cone with fresh fruit. Drizzle with honey and top with granola.

#### Cool as Cucumber Dip

(Makes 1 cup of dip. 1/2 cup veggies = 1 serving)

- 1/2 of 1oz package of ranch salad dressing mix (milk recipe)
- 1/2 cup milk
- 1/2 cup non-fat mayonnaise
- 1/4 cup chopped cucumber
- 1/4 tsp dried dill

#### Directions:

Stir together ingredients. Serve with cut up carrot, zucchini, sweet peppers, broccoli, cauliflower, or your favourite vegetable!

Contact the Healthy Eating Alliance at 902-368-6844 or [cecampbell@edu.pe.ca](mailto:cecampbell@edu.pe.ca)

# Strive for 5!



▶ **Your child needs at least 5 servings of Vegetables and Fruit everyday to stay healthy! So help them Strive for 5. It's the healthy way!**

Prince Edward Island  
**hea**  
Healthy Eating Alliance

Pamphlet Developed by UPEI Dietetic Interns Pam Crozier & Jillyan Gallant

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## Tips to Get 5 A Day!

☺ Drink 100% real fruit juice (e.g. grape, orange juice)

☺ Add fruit to your cereal (e.g. bananas or strawberries)



☺ Dip vegetables and fruit in your favourite dip (e.g. broccoli and light ranch dressing or peach slices and vanilla yogurt)

☺ Enjoy a rainbow of colours!  
Remember dark colours are better choices (e.g. romaine lettuce, blueberries, sweet potatoes, squash, tomatoes).

☺ Add fruit while baking! Blueberry muffins, carrot cake, banana bread are all ways to get more fruit in the diet.



## What Counts As A Serving?

⇒ 1 piece of medium fruit



⇒ 1/2 cup 100% fruit or vegetable juice



⇒ 1/2 cup cooked or raw vegetables

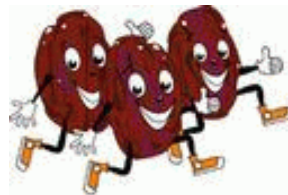
⇒ 1/2 cup fresh cut or canned fruit



⇒ 1 cup of leafy vegetables



⇒ 1/4 cup dried fruits (raisins, apricots)



## Vegetables & Fruit and Your Family's Health...

- ★ Vegetables and fruit contain many vitamins and minerals to keep us healthy.
- ★ Vegetables and fruit keep our skin healthy and help us to see better!
- ★ Eating 5-10 vegetables and fruit everyday reduces the risk of developing diseases like heart disease and cancer.
- ★ Eating vegetables and fruit help us to maintain a healthy body weight.
- ★ They contain fibre to help us digest our food better.



Strive for 5!