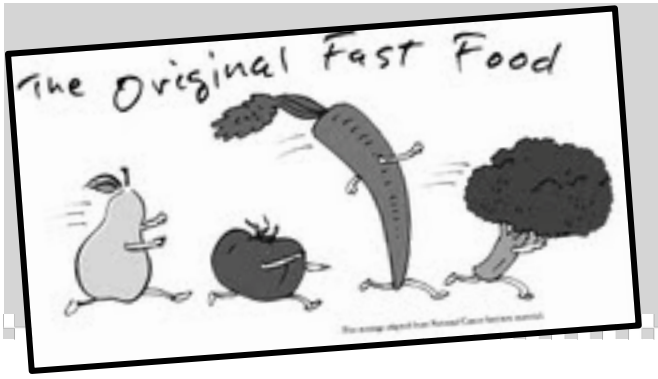


What Incredible Choices

Montana WIC Program
1-800-433-4298

11-A

Maximize Your Health with Fruit and Vegetables

You've heard the saying "*an apple a day keeps the doctor away*." While apples are nutritious and delicious, no one fruit or vegetable provides all the nutrients that your family needs. Here's how to get a variety of produce for optimal health.

Enjoy 2 to 3 different fruits every day.

Children need at least 1 cups of fruit per day, while adults need 2 or more cups daily. Focus on making 2-3 brightly colored choices throughout the day. Here are some ways to do that.

Breakfast

Banana slices on cereal

Blueberries in pancakes

Lunch

Melon slices

Small bunch of **grapes**

Dinner

Pear pieces in green salad

Strawberries for dessert

Snacks

Tangerine and **kiwifruit**

Apple with peanut butter

Enjoy a dark green vegetable every day.

Aim for about ¼ cup per day for children and ½ cup for adults. Pick dark leafy salad greens: spinach, kale, and arugula, as well as Romaine and leaf lettuces. Enjoy lightly steamed or microwaved broccoli and broccoflower, or stir-fried Chinese cabbage.

Enjoy a red, orange or yellow vegetable daily.

Again, aim for about ¼ cup per day for children and ½ cup for adults. Tomatoes are great in sandwiches, soups, and salads. Red, orange, and yellow peppers make crunchy snacks – or additions to stir-fry dishes. Baked sweet potatoes make a delicious side dish.

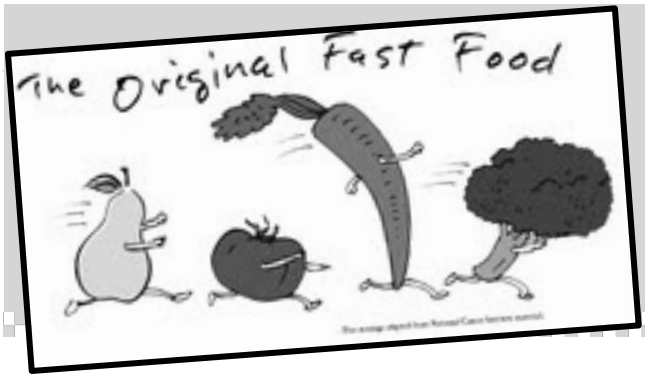
Enjoy starchy and other vegetables a few times per week.

Green beans, fresh lima beans, peas, snap peas, and corn are sources of fiber, but they do not have as many nutrients as other vegetables. Enjoy these 2-3 times a week, cooked or raw in salads.

How will you enjoy a variety of vegetables and fruits today?

Brought to you by the Montana WIC Program
The WIC program is an equal opportunity provider and employer.

MONTANA
Department of Public Health & Human Services

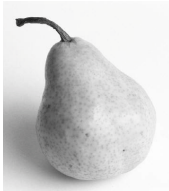


What Incredible Choices

Montana WIC Program
1-800-433-4298

11-B

PEARS: Bartlett, Bosc, and More



Pears have been grown and eaten for over 4,000 years.

HOW TO CHOOSE

- Select firm pears: "***Check the Neck for Ripeness***"™ daily with gentle pressure to stem end with thumb. When it yields to the pressure, it's ready to eat.

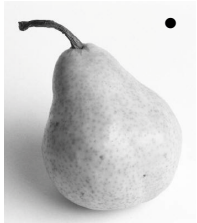
HOW TO STORE

- Store unripe pears in a paper bag on kitchen counter at room temperature.
- Refrigerate ripe pears for up to a week.

NUTRITION FACTS

- Cholesterol-, fat- and sodium-free pears are a juicy, excellent source of fiber and a good source of vitamin C.

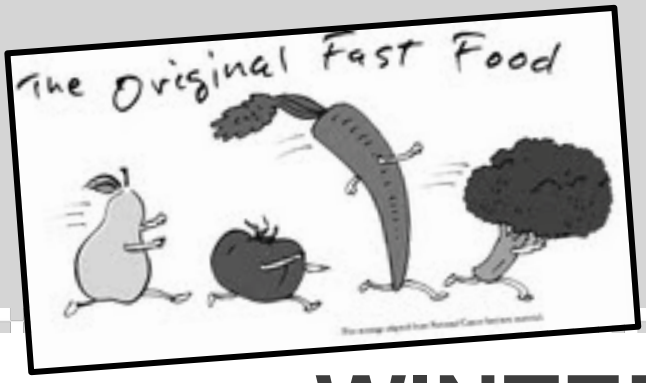
Fun ways for your family to enjoy the sweet juiciness of pears - red, green, and yellow



- Enjoy these juicy, fall fruits as an anytime snack. Just wash and slice – or nibble right on the core.
- Chop or slice fresh pears into salads: green, fruit, tuna, or chicken.
- Simmer chopped pears and apples with a little cinnamon until sauce thickens.
- Baked pears are tasty: Halve, core, sprinkle with brown sugar and nuts, and bake at 375 F until soft.

Brought to you by the Montana WIC Program
The WIC program is an equal opportunity provider and employer.

MONTANA
Department of Public Health & Human Services



What Incredible Choices

Montana WIC Program
1-800-433-4298

11-C

WINTER SQUASH:

Acorn, Butternut, Pumpkin, and More

Squash are traditional foods for many Native American tribes.

HOW TO CHOOSE

- Choose squash with dull colored skin that feel heavy for size.
- Avoid squash with cracks, soft spots, or insect holes.

HOW TO STORE

- Store in a cool dark place for up to a month.
- Refrigerate cut squash in a plastic container for up to a week. Freeze cooked squash.

NUTRITION FACTS

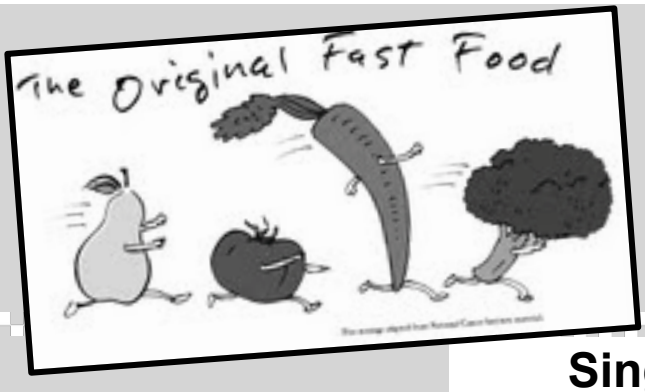
- Winter squash are nutrient-rich, excellent sources of vitamins A and C, and good sources of fiber, magnesium, and potassium.

Easy ways for your family to enjoy the satisfying flavors of winter squash

- Winter squash can be microwaved, steamed, baked, or roasted. Cut in half or quarters depending on variety.
- Cook until soft to serve mashed. Cook until just tender for soups and stews.
- Pumpkins are not just for Halloween or pie; they can be served in the same way as any winter squash. They're all great flavored with nutmeg, cinnamon, ginger, nuts, and a few cranberries.

Brought to you by the Montana WIC Program
The WIC program is an equal opportunity provider and employer.

MONTANA
Department of Public Health & Human Services



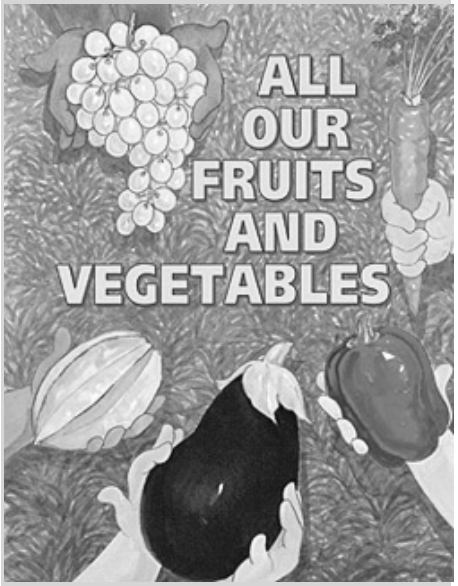
What Incredible Choices

Montana WIC Program
1-800-433-4298

11-D

Singing about Fruits and Vegetables

Sung to the tune of ***Old McDonald Had a Farm***, this is a fun way to help children enjoy eating more fruits and vegetables. Add in your favorite produce items and sing while cooking.

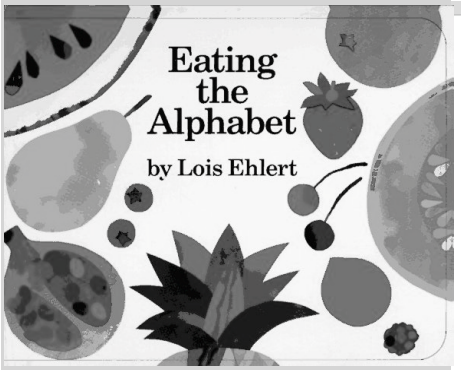


Fruits are good for me,
EE I EE I O
And so I eat them happily,
EE I EE I O
With a berry, berry here,
and a berry, berry there
Here a berry, there a berry
Everywhere a berry, berry.
Fruits are good for me,
EE I EE I O.

Fruits are good for me,
EE I EE I O
And so I eat them happily,
EE I EE I O
With a pear, pear here,
and a pear, pear there
Here a pear, there a pear
Everywhere a pear, pear.
Fruits are good for me,
EE I EE I O.

Vegetables are good for me,
EE I EE I O
And so I eat them happily,
EE I EE I O
With a bean, bean here,
and a bean, bean there
Here a bean, there a bean
Everywhere a bean, bean.
Vegetables are good for me,
EE I EE I O.

Vegetables are good for me,
EE I EE I O
And so I eat them happily,
EE I EE I O
With a squash, squash here,
and a squash, squash there
Here a squash, there a squash
Everywhere a squash, squash.
Vegetables are good for me,
EE I EE I O.



Books and Songs about Fruits and Vegetables

When you read and sing to kids, you help their language skills and give them a head start on school success. When you read and sing about fruit and vegetables, you help them enjoy eating new foods. Here are some inexpensive places to find books and music for your family.

PUBLIC LIBRARY: A free library card will give you access to hundreds of books, CDs, and even DVDs for your family.
SCHOOL LIBRARY: Elementary schools, as well as some preschools, have lending libraries of books and music for young children.
YARD SALES and THRIFT STORES: These are great places to find children's books and music at a tiny fraction of their new cost.

Brought to you by the Montana WIC Program
The WIC program is an equal opportunity provider and employer.

MONTANA
Department of Public Health & Human Services