



Eating Enough Fruit

For good health, we need 2 to 3 servings of fruit each day. Fruit adds vitamins like vitamin C and minerals such as potassium to our meals and snacks, and can be a great source of fiber.

Fruit's natural sweetness makes it a satisfying snack or a great dessert.

Canned fruits, especially those packed in their own juice, are handy, delicious and full of good things for kids, and for those who care about them.

For recipes: Contact your county extension office in Kansas or visit the website at www.kidsacookin.ksu.edu

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