

HEALTHY EATING FOR CHILDREN



Fruits are an important part of a healthy diet. They are naturally low in calories, fat, sodium, and cholesterol. Fruits play an important role in keeping the body healthy and have many benefits including:

Fruits Hydrate the Body. Fruits are made up of 90 percent 95 percent water. Water is an important nutrient. It is responsible for transporting nutrients around the body, regulating body temperature, keeping joints moist, and getting rid of waste products in the body.

Fruits Keep the Body Regular. Fruits are rich in fiber, which is essential for the smooth movement of food in the body's digestive system. Fruits help maintain easy bowel action and eating fruits every day will prevent constipation.

Fruits Give the Body Energy. All fruits contain carbohydrates, which are the body's main source of energy. Carbohydrates in fruits are mainly sugar, which break down easily and make a quick source of energy.

Fruits Lower Risk of Illness and Disease. Fruits contain many vitamins and nutrients that may reduce risk for many illnesses including:

- Stroke, heart disease and other heart-related illnesses
- Type 2 diabetes
- Certain cancers, such as mouth, stomach, and colon-rectum cancer.
- Kidney stones
- Bone loss