

# Health Tip of the Month

## Help Kids Choose Fruit First

Do your children want cold treats on hot summer days? Try refreshing new ways to make fruit fun to eat.

Helping kids eat more fruits and vegetables leads to helping them maintain a healthy body weight, especially during busy days of summer.

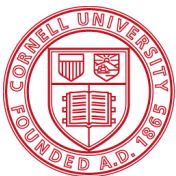
Home made fruit treats help children cut down on treats with added sugar and fats.

It's fun!  
It's easy!



## Make the Better Choice

- Skip oversized ice cream cones. Fill cones with low fat yogurt and fruit.
- Instead of sugar filled ices, make your own frozen fruit cup. The variety of fruits is endless.
- Make refreshing popsicles. Fill up popsicle trays or paper cups with 100% fresh fruit juice.
- Blend fresh or frozen fruit by adding ice and lemon juice to create a healthy smoothie.
- Put a yogurt cup in the freezer & enjoy a quick frozen yogurt dessert.
- Make fruit fun! Build creations with your kids.



Cornell University  
Cooperative Extension  
New York City

Worksite Wellness Initiative: by Jennifer Assael, Intern  
Queens College CUNY 46: 8/14  
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