

Children Are Consuming More Fruit

(KAIR)--According to a report issued by the Centers for Disease Control and Prevention, total fruit intake among children aged 2-13 increased 13% between 2003-2010. Whole fruit intake increased 67%, while fruit juice intake decreased 29%.

K-State Research and Extension Nutrition Specialist Sandy Proctor says the report is good news because educating all age groups to eat more fruits and vegetables is very important and we need to always think about how we can center our meals around fruits and vegetables. These are very wholesome foods that can be very filling without adding a whole lot of extra calories.

In addition to providing essential vitamins and minerals, and other substances that are important for good health, Proctor says that fruits and vegetables are naturally low in fat, and provide a wide variety of colors and flavors to meals and snacks. They make the plate look better, but those colors have been scientifically proven to provide quite a bit of nutrition.

Proctor adds that the recommended serving sizes can be a bit confusing. It has gone from talking about a single serving, and knowing what a serving size was for each. However now, a serving may be many different things.

For more health and nutrition information, you can visit your county or district extension office or go to ksre.ksu.edu.

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