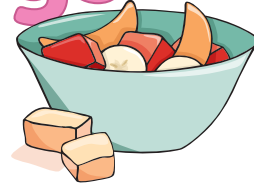


sweet endings

Make half of your
child's plate fruits and vegetables -
end a meal with fruit!



Keep it simple

offer any fruit by itself:

- dish of applesauce
- canned peaches or pears
- mandarin oranges
- kiwi slices
- banana slices
- crushed pineapple

spice up your fruit:

- Sprinkle with a little cinnamon.
- Sprinkle with a little crushed graham cracker.
- Top with a spoonful of yogurt.
- Sprinkle with a teaspoon of crushed breakfast cereal.

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