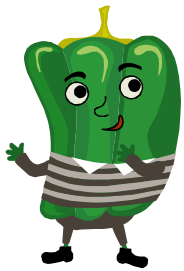


Power Foods

Besides just tasting great, fruits and veggies are great for you too. Fruits and vegetables are loaded with vitamins and minerals to keep your body **packed with power**.

With all the delicious fruits and veggies to choose from, it is easy to make sure you get the right amount your body need each and every day.

The recommendation for kids 4-13 years old is 3-5 cups per day



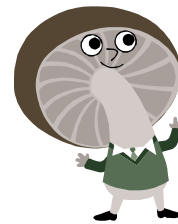
1 cup

- 1 large banana
- 1 large orange
- 1 medium pear
- 1 large bell pepper
- 1 large sweet potato
- 1 large ear of corn

Serving examples

1/2 cup

- 16 grapes
- 1 medium cantaloupe wedge
- 4 large strawberries
- 5 broccoli florets
- 6 baby carrots



Potato chips do not count as a vegetable serving!!!!

For a healthier and tastier alternative why not try whipping up a batch of potato chips in the comfort of your own home.

Preheat oven to 400°F. Slice potatoes no more than 1/8-inch thick and arrange them on a baking sheet sprayed with non-fat cooking spray so they don't overlap. Spray the top of the slices with the non-fat cooking spray (this helps them brown). Bake chips until they begin to lightly brown, about 15 minutes. Season to taste, cool on a rack, serve, and enjoy. Recipe makes 4 servings.

**For a fun twist try using a sweet potato. Another idea is to mix it up with the herbs and spices you use for seasoning and the combinations are endless. Try garlic powder, onion powder, and chives and for some extra added heat you can add red pepper flakes or cayenne to the mix.*