

Increasing Your Child's Fruit Intake



One Bite at a Time

If you want to help your child get more fruit daily, just think **EAT!**

E Exposure

Research shows the more a child is exposed to a food, the more likely she is to eat it. Offer a source of fruit at each meal and snack to increase exposure and intake!

A Appearance

Make eating fruit fun! Getting creative in the kitchen (and getting your child in on the action) can make him more likely to eat fruit. Try various creations such as a berry 'flower' stem with apple slices for leaves, a banana 'car' with kiwi wheels, or even a rainbow smoothie. The more fun the food, the more likely your child is to eat it.

T Taste & Texture

A variety of tastes and textures is key to acceptability. Some children prefer a crunchy texture instead of a soft texture. For those children, having options such as Brother's-All-Natural Fruit Crisps on hand can make a perfect alternative to a 'mushy' option. Keep a variety of fruits on hand at all times to appease all taste buds. A mix between fresh and freeze-dried fruit allows you to keep your kitchen fully stocked no matter what the season is!

Did you know that the majority of US children, ages 2-18 years old aren't getting enough fruit every day¹? Did you also know that a diet, rich in fruit, has been associated with a healthy body weight and reductions in future disease risk, like heart disease, type 2 diabetes, and even certain cancers?

The 2010 USDA Dietary Guidelines for Americans recommend that all individuals age 2 and over eat between 1-2 ½ cups of fruit – every day²? Of course, the amount that's right for you depends on your specific energy needs and the recommendations of your team of Health Care Professionals.

Freeze-Dried Fruit: A Healthy Option Moms Love

- Studies have found freeze-dried fruit to be nutritionally equal to fresh fruit.
- Freeze-drying allows for a longer shelf life and increased convenience.
- Brother's-All-Natural contains no added sugars, additives, preservatives, or chemicals and is free of allergens such as nuts, gluten, soy, and dairy.
- Makes a perfect on-the-go, no mess snack solution the whole family will love!
- The crunchy texture appeals to even the pickiest of eaters and makes a perfect alternative to high fat, high calorie snack chips.



Freeze-Dried Fruit: An Easy Choice For Busy Moms



Save 20% on your first order with coupon code: **THINKAAT**

Visit www.brothersallnatural.com

20% OFF

1 OZ SERVING	CALORIES	FAT	FIBER	SODIUM
APPLE FRUIT CRISPS	120	0g	0g	0mg
REGULAR POTATO CHIPS	160	10g	1g	170mg



While all products are non-GMO, not all have made it through the entire process of Project Non-GMO's verification



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