



Lime

It's a Prime Time for a Lime!



Nutrition Tips to Increase Lime Consumption

- Create your own lemon lime beverage. Add lemon and lime juice to sparkling water.
- Add a kick to a healthy drink: such as 100% juice or ice water. Place a lime wedge on the rim of the glass and then show your child how to squeeze the lime wedge into the beverage.
- Show your child how lime juice can be added to their favorite recipes for added flavor. Works well with meat and vegetable dishes.

Nutrition Food Activities for Children

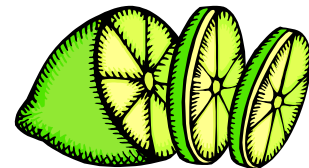
- Have your child find the most ideal lime in the grocery store by teaching them what to look for.
- Prior to cutting open the lime, have your child guess how many seeds will be inside.
- Allow your child to roll the lime between their palms – this will help get the most juice from the lime. Then cut the lime horizontally and allow your child to squeeze the juice out of the lime.
- Have your child brush lime juice over fruits to show that it can prevent browning.
- Ask your child to list and compare the difference between citrus fruits. (Limes, lemons, oranges, etc.) You can even purchase various citrus fruits and conduct a taste test.

Mango Lime Fruit Leather

(serves 4-6)

Ingredients:

- 2 mangoes, peeled and cubed
- 2 limes, juiced and zested*
- ½ cup 100% white grape juice concentrate



Directions:

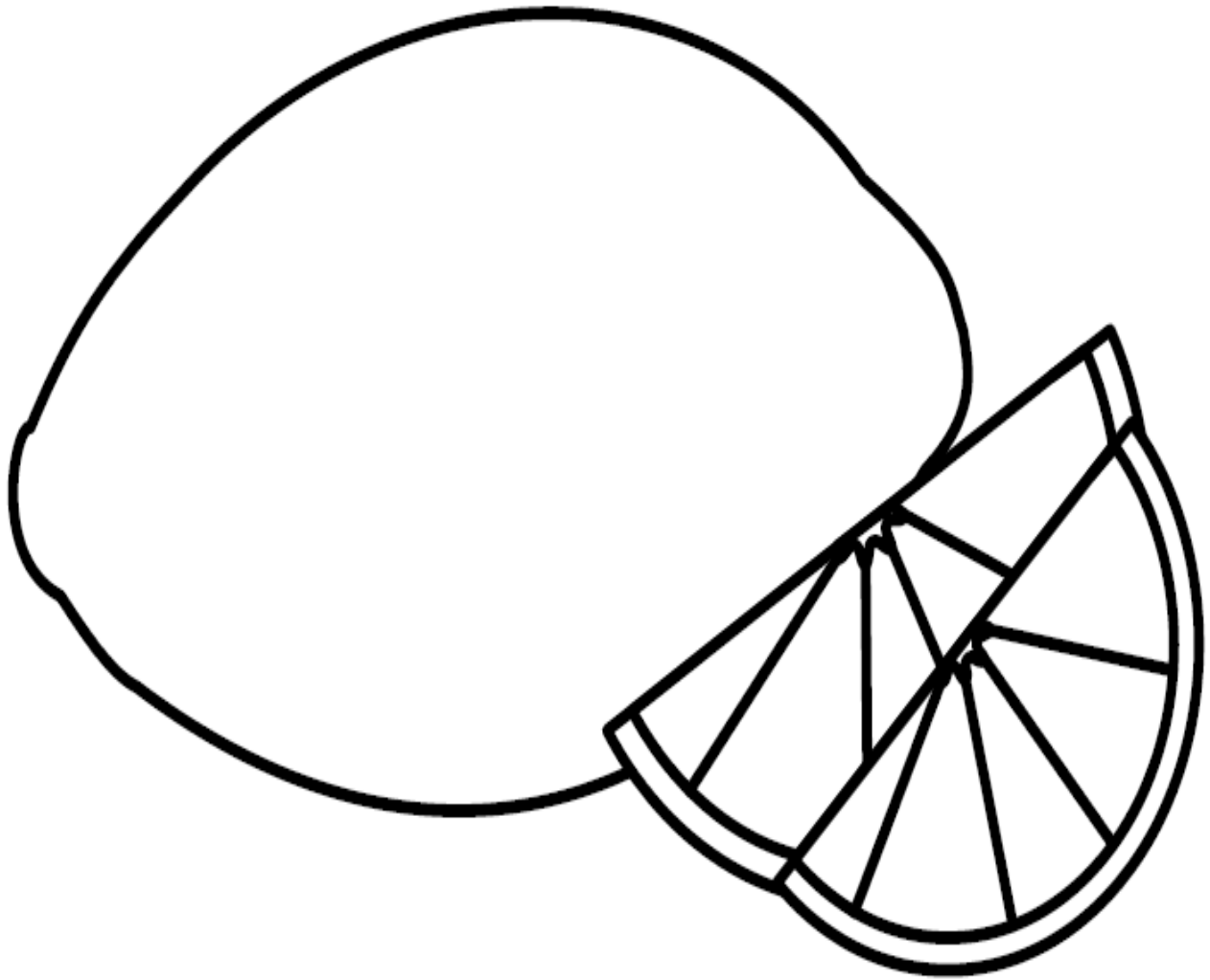
1. Preheat oven to 200 degrees.
2. Place a sheet of parchment paper on a baking sheet.
3. Place all ingredients into a blender container. Pulse until smooth.
4. Spread mixture over parchment paper and bake for 1-3 hours, or until fruit leather is dry.
5. Allow to cool completely.
6. Cut into even portions with clean kitchen scissors.

*Zest is the outermost skin later of citrus fruit, which is removed with the aid of a citrus zester, paring knife or vegetable peeler. Only the colored portion of the skin is considered the zest.

For previous nutrition material, recipes and future nutrition kiosks visit:

<http://www.childhoodobesitycoalition.org/>

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Eat More Fruits and Vegetables!

