



# Red Leaf Lettuce

It's Time to get Ready for Red Leaf Lettuce!



## Nutrition Tips to Increase Lettuce Consumption

- Add red leaf lettuce to a ham or turkey and cheese sandwich.
- Mix sweeter fruits such as strawberries and mandarin oranges into a red leaf lettuce salad.
- Try a red leaf lettuce wrap. Stuff red leaf lettuce with sliced veggies, meat, and cheese.
- In a taco salad, replace chips with red leaf lettuce.
- When eating out, order a side salad for your child in place of chips or fries.

## Nutrition Food Activities for Children

- Allow your child to help tear the lettuce into smaller pieces for salads or sandwiches.
- Have your child wiggle their nose like a bunny while they eat the red leaf lettuce.
- Play a game and have each family member keep track of the number of different vegetables they eat in one week. The winner, the one who has the greatest variety, gets to choose a family activity for the weekend.
- Have the children plant red leaf lettuce in a garden and watch it grow. When it is ready to be picked have the children pick and wash it before eating it.

### Purple Fruit and Veggie Popsicles

*(serves 5-7)*

#### Ingredients

- 2 cups water
- 2 cups blueberries, fresh, or frozen and thawed
- 2 cups **red leaf lettuce**
- ½ cup honey
- 1 tsp. vanilla
- ⅛ tsp. salt



#### Directions

1. In a blender container, blend all ingredients until smooth and creamy.
2. Pour into Popsicle molds or ice cube trays and freeze for at least four hours, or until solid.

Adapted from [wholefoodkids.com](http://wholefoodkids.com)

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

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

This publication was supported by the CDC Cooperative Agreement number U58/DP001494. Its content are solely the responsibility of the authors and do not represent the official views of the CDC.

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Eat More Fruits and Vegetables!

