



Eat more fruit and vegetables

Eating fruit and vegetables will help your child grow strong and healthy. Children aged 4 – 7 years should eat 1 serve of fruit and 2 serves of vegetables each day.

What is a serve?

1 serve of fruit is:

- 1 cup of canned or chopped fruit *or*
- 1 medium fruit eg apple, banana *or*
- 2 smaller pieces of fruit eg apricots *or*
- 1½ tablespoons of dried fruit



1 serve of vegetables is:

- 1 cup of lettuce or salad vegetables *or*
- ½ cup of green leafy vegetables e.g. broccoli or spinach *or*
- 1 medium potato

Tips to get your child eating fruit and vegetables

- Cut up the fruit and vegetables so it is easy to eat.
- Offer a range of fruit and vegetables to try.
- Offer the fruit and vegetables in different ways, eg raw, sliced, mashed, baked or grated.
- Try canned fruit or small amounts of dried fruit.
- Offer fruit and vegetables with foods your child already enjoys.



Children may need to try new foods 8-9 times before they will like them

Easy ways to eat more fruit and vegetables each day

- Put fruit on breakfast cereal.
- Add extra vegetables to main meals eg casserole, stir-fry, curry or home made pizzas.
- Pack sliced fruit or vegetable sticks to take to pre-school.
- Make a smoothie with fresh, canned or frozen fruit.
- Add fresh fruit to yoghurt.
- Snack on corn on the cob.
- Put salad on sandwiches.

Try and make fruit and vegetables part of every meal or snack

Tips to help you make healthy choices at home

- Eat plenty of fruit and vegetables yourself. When your child sees you eating these foods they will want them too.
- Grow some vegetables in the garden and let your child water and look after them.



Live Life Well



Health

For more information and ideas on healthy eating and physical activity go to www.healthykids.nsw.gov.au

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