

# Eat more fruit and vegetables every day

Kids need to eat a lot of different fruit and vegetables every day to stay healthy. Fruit and vegetables have different vitamins, minerals and dietary fibre that help kids to:

- Grow and develop into healthy adults
- Have less risk of long-term health problems
- Maintain a healthy weight
- Have more energy throughout the day
- Eat less unhealthy foods



## How many servings do kids need each day?

Age (Years)	Daily fruit serves	Daily vegetable serves
2-3	1	2 1/2
4-8	1 1/2	4 1/2
9-11	2	5
12-18	2	5 - 5 1/2

One serve of fruit is:

- 1 x** apple, banana, orange or pear
- 2 x** kiwi fruits, apricots or plums
- 1 cup** diced or canned fruit (no added sugar)

Or occasionally, as high in sugar:

- 1/2 cup of 100% fruit juice (no added sugar)
- 30g of dried fruit (e.g. 1 1/2 tbs of sultanas)

### Did you know?

Only 1 in 20 children eat the recommended serves of vegetables daily and only 3 in 5 children eat the recommended serves of fruit daily.



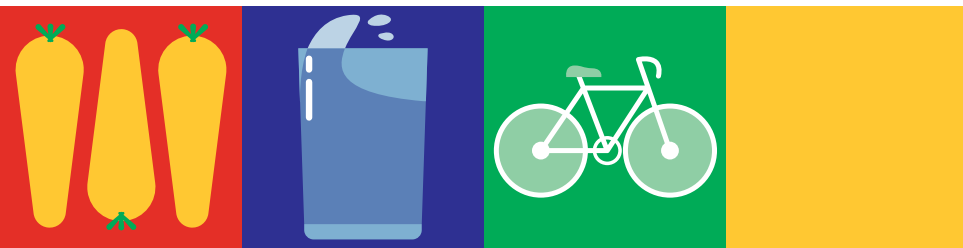
One serve of vegetables is:

- 1/2 cup** cooked vegetables
- 1/2 cup** cooked dried or canned beans, peas or lentils
- 1 cup** green leafy or raw salad vegetables
- 1/2 cup** sweet corn
- 1/2 x** medium potato or other starchy vegetables
- 1 x** medium tomato



### Quick tip:

Fresh fruit is better than fruit juice. Fruit juice lacks the fibre found in whole fruit and naturally has more sugar which can lead to weight gain and tooth decay.



# How to include fruit and vegetables in every meal

Add chopped or puréed vegetables (fresh, frozen or canned) to:



Frittatas and omelettes



Pasta sauces



Salsa and dips



Soups



Stir-fries and curries

Add fresh or frozen fruit to:



Cereal



Smoothies



Yoghurt  
(full fat for under 2 years,  
reduced fat for over 2 years)



### Quick tip:

Aim for a 'rainbow' when making snacks and meals – this means choosing different coloured fruit and vegetables in every meal.

Snack on fruit and vegetables



Banana  
on toast



Corn on  
the cob



Tomato and cheese  
on crackers



Vegetable sticks  
and dip

### Remember

It's normal for kids to refuse fruit and vegetables at first, so stay patient and keep offering!

## Make it easy for kids to choose fresh fruit and vegetables

- ✓ Keep a bowl of fresh fruit in the kitchen
- ✓ Keep cut up fruit and vegetables in the fridge
- ✓ Freeze fruit on a skewer for a refreshing snack
- ✓ Take fruit and vegetable snacks with you when you go out
- ✓ Get creative and have fun – make faces, animal shapes and different designs
- ✓ Choose fruit and vegetables in season – they taste better and are often cheaper!
- ✓ Involve kids – shop and prepare fruit and vegetables as a family

### Evidence

- Australian Dietary Guidelines - Recommended serves and serving sizes.
- Centre for Epidemiology and Evidence. What NSW children eat and drink. Report of the Chief Health Officer 2017, NSW Ministry of Health

