



## EAT MORE FRUIT AND VEGETABLES

Eating fruit and vegetables every day will help your child grow strong and healthy. Children aged 2-3 years should eat 1 serve of fruit and 2.5 serves of vegetables and children aged 4-8 years should eat 1.5 serves of fruit and 4.5 serves of vegetables, each day. (Approximately half of these amounts for toddlers aged 1-2 years).

### What is a serve?

#### 1 serve of fruit is:

- 1 cup of canned or chopped fruit *or*
- 1 medium piece of fruit such as apple, banana, pear *or*
- 2 small pieces of fruit such as apricots, mandarins, plums, kiwi fruit *or*
- 1½ tablespoons of dried fruit, only *occasionally*

#### 1 serve of vegetables is:

- 1 cup of salad vegetables *or*
- ½ cup of cooked or raw vegetables (such as broccoli, carrot, peas, beans) *or*
- 1 small potato
- ½ cup legumes (such as lentils, chickpeas or kidney beans)

### Tips to get your child eating more 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 fruit and vegetables in different ways, such as raw, sliced, mashed, baked or grated.
- Try canned fruit or small amounts of dried fruit.
- Offer fruit and vegetables alongside foods your child already enjoys.

### Children may need to try new foods many times before they will like them.

Tasting and learning about new fruit and vegetables is the best way for young children to become more familiar with them. You may feel like giving up if your child rejects them the first few times, but keep offering as it may take 10-15 times before they start eating them.

### Easy ways to eat more fruit and vegetables each day

- Put fruit on breakfast cereal.
- Add extra vegetables to casseroles, bolognese, stir-fry, curry or home made pizzas.
- Pack sliced fruit and vegetable sticks in the lunchbox.
- Make a smoothie with fresh, canned or frozen fruit.
- Serve fresh fruit with yoghurt or custard.
- Try a small cob of corn or mug of thick vegetable soup for a snack.
- Put salad on sandwiches and wraps.
- Try avocado and tomato on crackers.

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

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



For more information and ideas on healthy eating and physical activity go to [www.healthykids.nsw.gov.au](http://www.healthykids.nsw.gov.au)