

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 such as apple, banana *or*
- 2 smaller pieces of fruit such as 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 such as 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, such as 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 such as 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.

