

Eat more vegetables and fruit

Vegetables and fruit taste great and keep us healthy. Everyone should eat fruit and veggies every day. Most kids eat fruit each day but they don't eat enough veggies.*

HOW MANY VEGETABLES SHOULD KIDS EAT EACH DAY?

2-3 YEARS

2½ Serves

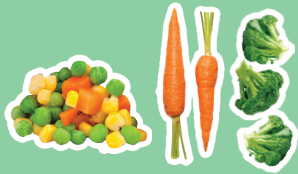
4-8 YEARS

4½ Serves

9-18 YEARS

5 Serves

A serve of vegetables and legumes/beans is:



½ cup

vegetables (fresh, frozen or canned)



1 cup

green leafy vegetables



½ cup

legumes/beans/lentils



1 medium

tomato



8

vegetable sticks

These count as a vegetable serve

HOW MUCH FRUIT SHOULD KIDS EAT EACH DAY?

2-3 YEARS

1 Serve

4-8 YEARS

1½ Serves

9-18 YEARS

2 Serves

A serve of fruit is:



1 medium

(apple, banana, orange or pear)



2 small

(apricots, kiwi fruit or plums)



1 cup

diced or canned fruit

TIPS TO HELP KIDS EAT VEGGIES



ADD TO EVERY MEAL

Salad on sandwiches/wraps



Offer cut up veggies as snacks



Fill half the plate with veggies



ENCOURAGE YOUR CHILD

Show them you like eating veggies too



Add veggies to food they already like

10-15

Be positive and patient. It takes 10 to 15 times to like a new food



TRY A VARIETY

Fresh, frozen, canned, raw or cooked



Different colours



Buy in season

*Australian Bureau of Statistics (National Health Survey, 2014-15)

**Recommended intakes have been rounded based on the Australian Dietary Guidelines (NHMRC, 2013).

