

EAT MORE VEGETABLES and fruit

Vegetables and Fruit taste great and keep us healthy. Everyone should eat Fruit and veggies every day. While most children eat at least 1 serve of Fruit each day, the majority don't eat enough veggies*.

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

WHAT IS A SERVE?



1 medium piece of Fruit



2 small pieces of Fruit



1 cup chopped Fruit



½ cup cooked vegetables



1 cup salad

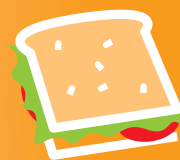


½ cup Lentils



8 Vegetable sticks

TIPS TO GET YOUR KIDS EATING 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
enjoy eating veggies



Offer veggies
with Foods they
already enjoy



Be positive and patient
– it takes 10-15 times
to like a new Food

HOW MANY SERVES SHOULD KIDS EAT EACH DAY?

CHILDREN
2-3 YEARS



2.5

Vegetables



1 Fruit

CHILDREN
4-8 YEARS



4.5

Vegetables



1.5 Fruit

CHILDREN
9-16 YEARS



5

Vegetables



2 Fruit

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



TRY A VARIETY

Fresh, Frozen,
canned, raw or cooked



Different
colours



Buy in
season