

# 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.\*

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

## 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 Serves

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

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



**MAKE HEALTHY NORMAL**

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