

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)

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

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



ENCOURAGE YOUR CHILD

Show them you like
eating veggies too



Add veggies
to Food they
already like



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

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



TRY A VARIETY

Fresh, Frozen,
canned, raw or cooked



Different
colours



Buy in
season

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