

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



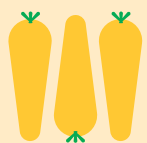
Buy in season

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)

This resource was developed by Western Sydney Local Health District, published June 2021.



HEALTHY EATING
ACTIVE LIVING