

Add some fruit & veg!

TRY THESE GOALS:

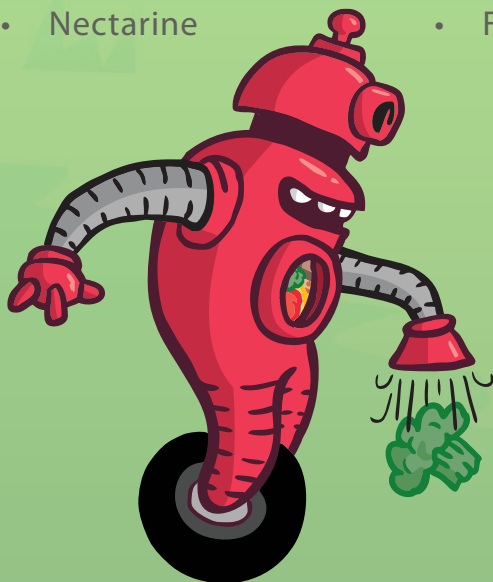
1. Eat vegetables with your dinner at least 5 days a week
2. Aim to eat 2 fruit and 5 vegetable serves a day

Fruit and vegetables are packed with important vitamins and minerals to keep you healthy and 'regular'. These nutrients are essential for your health, growth and development so eating the right amount is very important.

GET READY TO MIX IT UP!

Don't just stick to the same old fruit and veg! Getting a wide variety is best for your body and the most interesting! You can choose fresh, frozen or canned. Count and tick off how many of these tasty fruit and veg you and a friend have tried, and then try to increase your score by trying more.

- Cherry tomatoes
- Spring onion
- Kiwi fruit
- Frozen raspberries
- Avocado
- Zucchini
- Dried apricots
- Nectarine
- Tinned pears
- Tinned sweetcorn
- Artichoke
- Pineapple
- Eggplant
- Mango
- Blueberries
- Frozen mixed vegies
- Radish
- Sweet potato
- Melon
- Plum
- Passionfruit
- Baked apple
- Red, yellow or orange capsicum



Your Score /24

Your friend's score /24

THE TASTE TEST

Don't eat enough fruit and veg at mealtimes because you don't like it? Think again – you might change your mind!

EQUIPMENT:

- A fruit or vegetable that you've never tried / don't eat much of / don't like
- Your mouth
- A pen

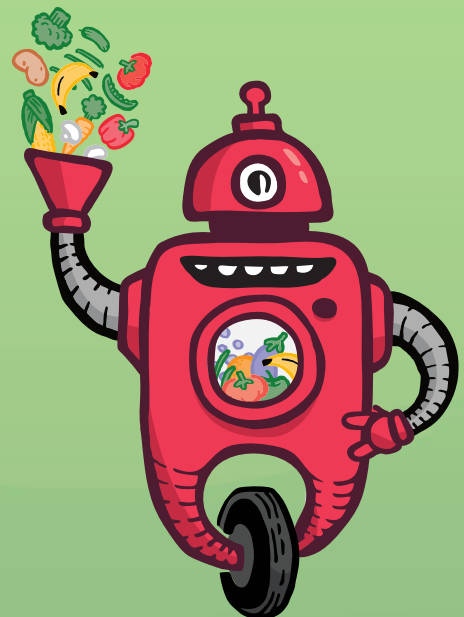
METHOD:

1. Write your fruit or veg in the table below
2. Try your food then tick the box every time you try it
3. When you have tried it 15 times, choose another food and do it again

RESULTS:

NUMBER OF TASTINGS	NAME OF FRUIT OR VEG:
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	

DID YOU KNOW THAT AFTER TRYING A FOOD 10 – 15 TIMES MOST PEOPLE WILL LIKE IT! EXPERTS CALL IT THE 'FOOD EXPOSURE TECHNIQUE' – IT WORKS BECAUSE WE GET MORE FAMILIAR WITH THE FOOD AND THAT MAKES US MORE WILLING TO TRY IT!



GOVERNMENT GUIDELINES

The following serves are recommended as a minimum for fruit and vegetable consumption in children:

VEGETABLES

	SERVES PER DAY		
	4 - 8 years	9 - 11 years	12 - 13 years
BOYS	4 ½	5	5 ½
GIRLS	4 ½	5	5

FRUIT

	SERVES PER DAY		
	4 - 8 years	9 - 11 years	12 - 13 years
BOYS	1 ½	2	2
GIRLS	1 ½	2	2

WHAT IS A SERVE?

VEGETABLES	FRUIT
<p>A standard serve is roughly 75g</p> <ul style="list-style-type: none"> • ½ cup cooked green or orange vegetables e.g. carrot, pumpkin, broccoli, spinach • 1 cup green leafy or raw salad vegetables e.g. spinach, lettuce, rocket • 1 medium tomato • ½ sweet corn • ½ medium potato or sweet potato • ½ cup cooked dried or canned beans, peas or lentils 	<p>A standard serve is roughly 150g</p> <ul style="list-style-type: none"> • 1 medium apple, banana, orange, pear • 2 small kiwi fruits, plums or apricots • 1 cup diced or canned fruit (no added sugar) <p>Only occasionally</p> <ul style="list-style-type: none"> • ½ cup fruit juice (no added sugar) • 30g dried fruit e.g. 1 ½ tablespoons of sultanas

Try these great tips to increase your child's fruit and vegetable intake!

1. DON'T BITE OFF MORE THAN YOU CAN CHEW

Help your child choose a realistic goal and agree on a reward if they stick to it. If they don't currently eat fruit and veg you can start by adding these foods to one or two meals and then slowly increase over time.

2. DO IT TOGETHER

Help your child achieve their goal by getting the whole family involved. Set a goal for everyone in your family and try to achieve it together.

3. BE A GOOD ROLE MODEL

Often children refuse to eat a certain food because it's unfamiliar. Help your child try new foods using the Taste Test on the first page and aim to make some changes yourself too.

4. MAKE A PLAN

Now you know your goal, get your plan of action ready. Think about what you want to change, make a rule and make it happen.

5. TRY THESE TOP TIPS

- If you're worried about stocking up on veg that might go off, choose canned or frozen versions.
- Pick fruit and vegetables that are in season to keep costs down.
- Encourage your child to get involved in the cooking so they become familiar with new fruit and vegetables.
- Encourage your child to snack on fruit and vegetables by making sure it's always accessible, looks appealing and is easy to eat!
- Sprinkle raisins, berries or banana onto your porridge or cereal.
- Swap jam or peanut butter for banana on toast.
- Mix sweetcorn, peas or spring onion into rice or pasta.
- Bulk up curry with eggplant, peas or green beans.
- Add lettuce, cucumber or tomatoes to sandwiches.
- Put extra mushroom, pineapple or artichoke on pizzas.

Useful Links

- www.eatforhealth.gov.au
- www.nutritionaustralia.org/national/resources/children#.U825XuOSyCk
- www.nutritionaustralia.org/national/resource/vegetable-snacks-kids#attachments
- www.australiandiabetescouncil.com/blog/are-your-children-eating-enough-fruit-vegetables
- www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/childrens_diet_fruit_and_vegetables?open