

Eat more fruit and vegies

Fruit and vegies taste great. They're also packed with vitamins, minerals and fibre to help you stay fit and healthy.

Everyone should eat fruit and vegies every day. How much you need depends on your age – so check out the chart below and find out how much you should be eating.

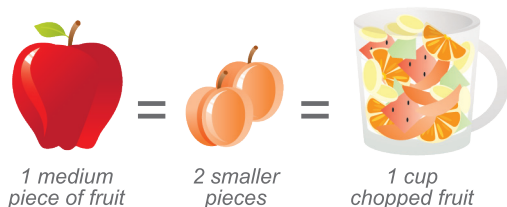
Of course, you can always eat more if you want!

Age (years)	Fruit (serves/day)	Vegies (serves/day)
2-3	1	2½
4-8	1½	4½
9-11	2	5
12-18	2	5(girls) 5½(boys)

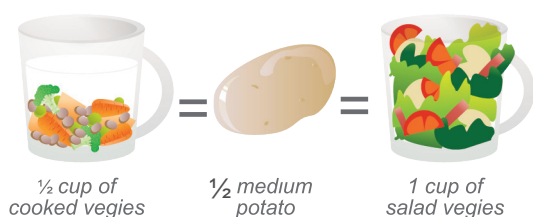


How much is a serve?

One serve of fruit is equal to 1 medium piece of fruit, 2 smaller pieces of fruit or 1 cup of chopped fruit.



One serve of vegies is equal to ½ cup of cooked vegies, ½ medium potato or 1 cup of salad vegies.



Tips to help you eat more fruit and vegies

To help you eat enough fruit and vegies, try to include some in every meal, and choose fruit and vegies if you have a snack.

Different coloured fruit and vegies have different health benefits, so try and make sure you have as many different colours as you can. Below are some examples.

Orange/Yellow

oranges
mangoes
apricots
carrots
pumpkin
sweet corn



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Red

strawberries
cranberries
tomatoes
red capsicums
rhubarb
red grapes



Blue/Purple

blueberries
plums
beetroot
blackcurrants
eggplant



Green

lettuce
broccoli
spinach
pears
zucchinis
peas
green capsicums



White

cauliflower
potatoes
parsnips
mushrooms
bananas



Fruit and vegies can be served raw, steamed, boiled, baked, grated or diced.

You can also eat them dried, frozen and canned (in natural or unsweetened juice), or combine them with other ingredients such as meat, fish, eggs, rice, noodles or pasta.

Eating fresh fruit is much better for you than drinking fruit juice, which has very little fibre. Water is the best drink to quench your thirst.

For recipe ideas visit
www.healthykids.nsw.gov.au/recipes.aspx

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