



# Fruit and vegetables



# What we'll cover

- Fruit and vegetable guidelines.
- Why are they important?
- Different ways to include fruit and vegetables in meals and snacks.



## Recommended serves per day

Age range (years)	Number of servings	
	Fruit	Vegetables
1-2yrs	0.5	2.5
2-3yrs	1	2.5
4-8yrs	1.5	4.5
9-18yrs	2	5

# Guidelines on daily intake

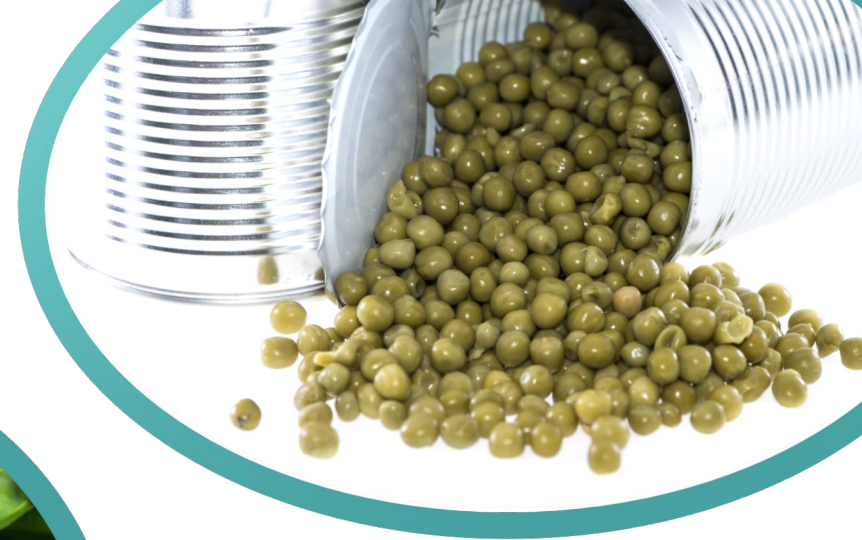
Wide range of colours

Different coloured fruit and vegetables contain different nutrients.



# Sources of fruit and vegetables

- Fresh, frozen or canned.
- Watch out for salt and sugar – read the label.
- Close to nature is better than highly processed.





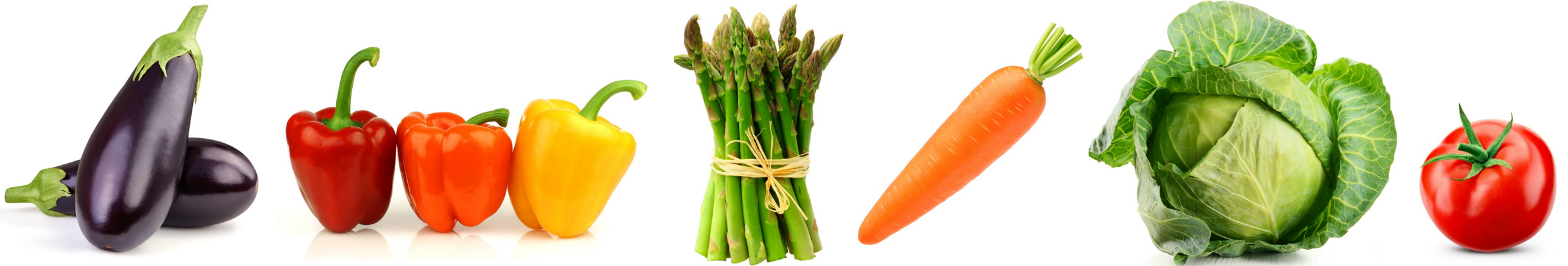
# Starchy fruit and vegetables

- Starchy fruit and vegetables include:  
corn, green bananas, cassava, kumara, parsnips, potatoes, pumpkin, taro and yams.
- Starchy vegetables contain energy-rich carbohydrates.



# Non-starchy fruit and vegetables

- Non-starchy fruit and vegetables include:  
leafy vegetables, carrots, tomatoes, cucumber, capsicum, cabbage, onions, broccoli, cauliflower and more.
- Eat a variety each day.



# Nutrients

Nutrients	Role in the body
Fibre	Essential for gut health and regular bowel motions
Potassium	Muscle contractions and regulating blood pressure
Magnesium	Muscle relaxation
Calcium	Strong teeth and bones



# Nutrients

Nutrients	Role in the body
Vitamin A	Vision, growth, immunity and bone health
Vitamin C	Growth, healing and iron absorption
B vitamins	Growth and brain development
Phytochemicals	Cell protection

# Eating cheaply

- Buy in season
- Frozen = cheaper
- Greengrocers
- Farmers' markets
- Grow your own
- Appropriate storage
- Minimise waste





## Use of fruit and vegetables in meals

- Grate vegetables or fruit into curries and pasta sauces.
- Cauliflower white sauce.
- Roasted vege 'fries'.





## Use of fruit and vegetables in meals

- Pack them into patties, fritters and meatballs.
- Mashed veges.

Don't be discouraged – it can take up to 20 tries of a food before children accept it.





# Use of fruit and vegetables in snacks



# Summary

Fruit and vegetables are:

- an essential part of our diet
- rich in fibre, vitamins and minerals.







**For more information, please visit**

For nutrition support contact our [Nutrition Advisors](#)