

Nutrition for Early Learning and Child Care

HEALTHY KIDS | HEALTHY SCHOOLS | HEALTHY COMMUNITIES



Vegetables and fruit – Are you getting enough?

Vegetables and fruit provide us with many of the vitamins; minerals; and fibre that we need to stay healthy. Eating enough vegetables and fruit may also help reduce the risk of chronic diseases like, diabetes, heart disease and cancer.

Eating Well with Canada's Food Guide suggests that children age 2-3 should eat 4 servings and children age 4-8 should eat 5 servings of vegetables and fruit each day. Most people are not getting the recommended number of servings each day.

Here are some ways you can add more vegetables and fruit to your daily meals and snacks:

- Top your oatmeal or cold cereal with fresh or thawed frozen fruit at breakfast.
- Make a smoothie for breakfast with a variety of fresh and frozen fruit and vegetables.
- Pack a piece of fruit AND a container of chopped vegetables in your child's lunch.
- Have a plate of fresh chopped vegetables and dip ready for your children after school so they can munch on them while supper is being prepared.
- Add extra fresh, frozen or canned vegetables to spaghetti sauce, chili, tacos, soup, rice, casseroles, stir-fry's, curries or eggs.
- Fill half your plate with vegetables and fruit.
- Keep a bowl of washed fruit on the counter for a quick and handy snack.
- Offer fresh, frozen or canned fruit after dinner.
- At the beginning of the week prepare a fruit salad or fruit platter and a tray of cut-up vegetables and store in the refrigerator (at eye level) for a quick and easy snack and to use for cooking.

For more information on Eating Well with Canada's Food Guide visit <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>