

EASY IDEAS WITH VEGGIES AND FRUIT

Most children don't get enough vegetables and fruit each day. Proportionally speaking, half of the foods they eat should be veggies and fruit.

Support your child to eat vegetables and fruit:

- ◆ Eat more vegetables and fruit when you have a meal together. Children learn by watching you.
- ◆ Involve children in buying and preparing vegetables and fruit. Try cut-up veggies and fruit such as cucumber slices, cherry tomatoes, cauliflower, oranges, apple, pear, melon or berries with salad dressing or yogurt for dipping.
- ◆ Cut and serve them in many ways. Try vegetables and fruit cold, hot or right from the freezer. Frozen grapes or blueberries make a terrific snack.
- ◆ Offer vegetables and fruit at snack and meal times. It can take up to 20 times of offering the same food before a child will accept it.

A child's intake varies from day to day. Trust that a healthy child will meet their nutrient needs over time.

Need fresh ideas? Check out halfyourplate.ca

For more information:

- ◆ Your local [Public Health Unit](#)
- ◆ [Dietitian Services at HealthLink BC](#) or dial 8-1-1 and ask to speak to a Registered Dietitian (a free call)
- ◆ [Dietitians of Canada](#)