



More Fruits and Veggies Please!

Eating more fruits and vegetables may help to protect our children from obesity, diabetes, heart disease and cancer. *Canada's Food Guide* recommends that children between the ages of 4-13 eat at least 5 to 6 servings of vegetables and fruit each day, yet many children do not meet this recommendation. A serving is defined as ½ cup 100% fruit juice or medium fresh fruit, ½ cup cooked vegetables or 1 cup salad.

Follow these tips to encourage your children to eat more vegetables and fruit each day.

1. Include fruit at breakfast e.g., ½ cup of banana slices or berries added to cereal.
2. Include two fruits or vegetables for lunch daily, but vary them to avoid boredom. Keep applesauce and unsweetened canned fruit on hand for days when you run out of fresh fruit.
3. Take advantage of after school appetites by offering healthy snacks e.g., fresh chunks of watermelon, cantaloupe, apples, grapes along with cheese and crackers or low fat fruit yogurt.
4. Keep a bowl of washed fruit on the table and vegetable sticks (baby carrots, green, yellow or red pepper strips, etc.) in the fridge where children can reach them, along with low fat salad dressing for dipping.
5. Provide two vegetables for dinner and encourage children to choose at least one of them.
6. Lastly, kids pick up good habits from their parents. Set an example by eating lots of vegetables and fruit yourself.

For health-related information call York Region Community and Health Services

Health Connection at 1-800-361-5653 or visit www.york.ca