

# 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.

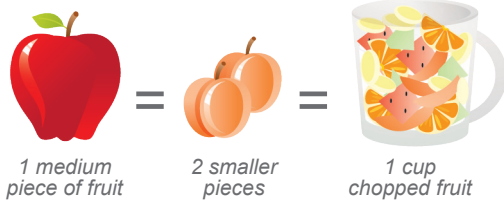
Of course, you can always eat more if you want!

Age (years)	Fruit (serves/day)	Vegies (serves/day)
4-7	1-2	2-4
8-11	1-2	3-5
12-18	3-4	4-9

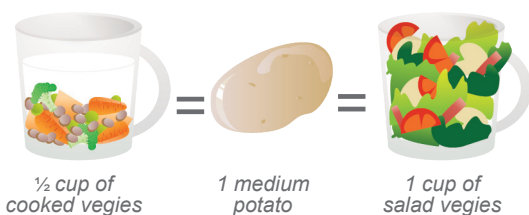


## How much is a serve?

**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, 1 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



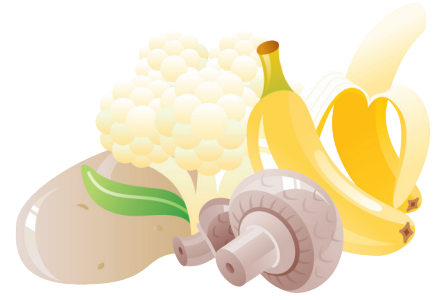
## Green

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](http://www.healthykids.nsw.gov.au/recipes.aspx)

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