

# EAT HEALTHY

Eating fruit and vegetables every day will help your child grow strong and healthy.

How many serves of fruit and vegetables should my child be eating*?			What size is a serve?			
Age	Fruit	Veg				
2-3 year olds	1	2.5	<b>Veg</b>  ½ cup      ½ medium      1 cup      ½ cup			
4-8 year olds	1.5	4.5				
A standard serve of vegetables is about 75g A standard serve of fruit is about 150g			<b>Fruit</b>  1 medium      1 cup      1 small			

Tasting new fruit and vegetables is the best way for young children to become familiar with them. You might want to give up if your child rejects them the first few times, but keep offering as it may take 10-15 times before they start eating them.

Young children can more easily meet their nutrition needs if healthy snacks are offered between meals.

### Choose snacks based on:

- Fruit
- Vegetables
- Milk, cheese, custard and yoghurt
- High fibre or wholegrain breads, crackers and cereals.

### Tips to make healthy snacks easy

- Keep healthy snacks in the fridge and pantry
- Have fresh fruit in a bowl on the kitchen bench
- Have meals and snacks at the same time each day
- Offer a range of healthy foods so your child can choose
- Don't keep unhealthy snack foods in the house



## Water is the best drink for kids!

Choose water as a drink for your child, it's the best drink for anyone who's thirsty. Unlike fruit juice, soft drink or other flavoured packaged drinks, water contains no sugar.

Milk is another healthy option as it helps develop strong teeth and bones. For children over 2 years of age, choose reduced fat milk (not skim). Soy milk with added calcium is a great substitute.

For more information and ideas on healthy eating and physical activity go to [www.healthykids.nsw.gov.au](http://www.healthykids.nsw.gov.au)

\*National Health and Medical Research Council (2013) Australian Dietary Guidelines. Canberra: National Health and Medical Research Council.