

BE WELL

BUILD HEALTH INTO YOUR DAY, YOUR WAY.



5

VEGGIES/FRUIT SERVINGS PER DAY

Choose to Boost Veggies & Fruit

Why make veggies/fruit part of every meal or snack?

- Vegetables and fruit have nutrients and vitamins that protect our health and fuel our bodies.
- Boosting your veggies/fruit to 5 or more servings may decrease the risk of cancer and heart disease as well as help maintain a healthy weight.
- Try eating a mix of colourful veggies every day including dark green and orange.

Fresh, frozen, canned or dried?

Each are nutritious and depending on the season can be the cheaper choice. Try to choose options without added salt or sugar.

Tips to help make veggies/ fruit the easy choice

Did you know?

Most children aged 4-8 do not meet the minimum requirement of 5 servings a day.

- Aim for five or more servings of veggies/fruit.
- Start early. The more kids are exposed to veggies and fruit as toddlers the more likely they will choose veggies and fruit as they grow up.
- Be a role model. Add veggies and fruit to your own snacks/meals.
- Plan meals around vegetables.
- Make veggies and fruit easy to 'grab and go'. Keep a bowl on the counter or sliced veggies in the fridge.
- Get kids involved in planning and preparing meals.
- Try starting a garden.

Make vegetables and fruit a part of every meal or snack

