



HEALTH MANAGEMENT DIETETICS

Fruit and Vegetables

Eating fruits and vegetables every day is important for your health because they contain many different things that your body needs to work at its best. These special things include *vitamins, minerals and fibre*.

How much to eat

Go for 2 pieces of fruit and 5 vegetables each day

- Eat some fruit at breakfast, at school or as a snack after school. You need 2 serves of fruit per day, and a serve is about the size of your fist!
- You need 5 serves of vegetables or salad per day and a serve is $\frac{1}{2}$ a cup of vegetables or 1 cup of salad. If you eat vegetables or salad at lunch and at tea time, that is a good start. If you are buying your lunch or dinner, choose things that include some vegetables such as potato (chips aren't vegetables), tomato (like in spaghetti sauce) or salad on your sandwich or burger.

What to eat

Choose a variety of fruit and vegetable colours (like a rainbow) and try some new ones that you haven't tasted before. Healthy vegetables can be fresh, canned or frozen. Vegetables are not as healthy if they are deep fried like chips.

Health Management Dietetics

- B2, 21 Lake Street, Cairns, QLD, 4870
- PO Box 315, Westcourt, 4870
- 07 4051 9093
- dietitian@healthmanagement.com.au



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Ways to eat more fruit

Fruit

- Add a banana to your weetbix with milk
- Eat chopped fruit or tinned fruit with your yoghurt or custard
- Eat a handful of dried fruit (sultanas, apricots) as snacks
- When they are fresh, snack on a piece of fruit (mango, apple, orange, banana) during the day.
- Some fruit tastes good on a sandwich like bananas or mashed pears.

Ways to eat more vegetables

Vegetables

- Have lettuce on your egg sandwich
- Have lots of salad (like a rainbow) on your chicken, cheese sandwich
- Add tomato and lettuce to your fish burger
- Ask mum or dad to add lots of veggies to your stews or curries
- Have a salad with your stews or curries.
- Add tomato, onion and beetroot to toasted ham sandwiches.
- Add grated carrot and zucchini to Spaghetti sauces with lots of tomato.
- Roast meat with roast mixed vegetables
- Add lots of veggies to your omelettes or scrambled eggs.

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