

How many fruit and vegetables do children need each day?

Age	Fruit	Vegetables
2-3 years	1 serve	2½ serves
4-8 years	1½ serves	4½ serves
9-11 years	2 serves	5 serves
12-18 years	2 serves	5-5½ serves

Source: *Eat for Health, The Australian Dietary Guidelines, Commonwealth of Australia, 2013*

If your child eats less than this, any increase is a bonus. Simply getting less adventurous eaters to try new foods is a great achievement.

Some meal and snack ideas

- > Add fruit to breakfast (eg banana, strawberries or tinned fruit on cereal).
- > Make a fruit smoothie with milk and yoghurt.
- > Try a fruit loaf sandwich or toastie with banana and cinnamon.
- > Toasties made with cheese and tomato or baked beans are popular.
- > Make a pita bread or English muffin pizza with tomato paste, capsicum, onion, pineapple, mushrooms, ham and cheese.
- > For older children, cut up lots of different fruit and vegetables into sticks and dunk into a dip - a great snack for after school.
- > Add grated vegetables to pasta sauce.
- > Some children enjoy eating frozen vegetables such as peas and corn.
- > Winter soups can include a wide range of vegetables.

Prevent choking

Avoid giving children under four years hard chunks of fruits and vegetables. It's safer to grate, shred or lightly cook these foods.

For more information

Please contact the Allied Health Directorate, Country Health SA Local Health Network
email: CHSAAlliedHealth@health.sa.gov.au

Or visit the website:
www.sahealth.sa.gov.au

If you require this information in an alternative language or format please contact SA Health on the details provided above and they will make every effort to assist you.



www.ausgoal.gov.au/creative-commons

© Department for Health and Ageing,
Government of South Australia.
All rights reserved.
Printed May 2013.



Help your family
Eat a Rainbow
of fruits and vegetables



Why 'Eat a Rainbow' of fruit and veg?

'Eat a Rainbow' links colours of the rainbow to colours of fruit and vegetables.

Many children don't eat enough fruit and vegetables. Younger children can be reluctant to taste new foods, creating stress for their parents. The idea of eating a rainbow uses the appeal of fruit and vegetable colours to encourage children to try new foods.

'Eating a Rainbow' of colours of fruit and vegetables also promotes good health. Each colour provides essential vitamins, minerals and phyto-chemicals with special health benefits. Phyto-chemicals give fruits and vegetables their colours. Fruit and vegetables also contain fibre for bowel health, and are bulky, which helps prevent over-eating and too much weight gain.

Habits learnt in childhood can last a life-time. It's important to help young children develop a positive attitude to healthy foods, and for adults to role model healthy eating habits.

Here are some rainbow food ideas.

Brown and white

- | | | |
|----------------|-----------------------|-------------------|
| > cauliflower | > Japanese radish | > water chestnuts |
| > potato | > Jerusalem artichoke | > dates |
| > mushroom | > swede | > lychees |
| > parsnip | > taro and yam | > brown pear |
| > white onion | | |
| > fennel bulb | | |
| > butter beans | | |

This group provides a wide range of nutrients such as protein, B group vitamins, carbohydrate, indoles and isothiocyanates. B group vitamins help promote healthy energy levels.

Red

- | | | |
|----------------|---------------|----------------|
| > red capsicum | > red apple | > rhubarb |
| > red tomato | > cherries | > strawberries |
| > kidney beans | > pomegranate | > tamarillo |
| > radish | > raspberries | > watermelon |

This group provides a range of nutrients including vitamin C, carotenoids and flavonoids. Vitamin C helps keep your skin healthy and your immune system strong. It is needed for healing sores and wounds.

Orange

- | | | |
|-------------------|------------|-------------|
| > orange capsicum | > apricot | > peach |
| > carrot | > mango | > persimmon |
| > pumpkin | > mandarin | > nectarine |
| > sweet potato | > orange | > rockmelon |
| | > pawpaw | |

This group is very rich in carotenoids, as well as vitamin C, flavonoids and terpenes. Carotenoids and flavonoids may reduce risk of cancer and heart disease.

Yellow

- | | | |
|-------------------|-------------------|---------------|
| > button squash | > yellow tomato | > lemon |
| > yellow capsicum | > yellow zucchini | > pineapple |
| > sweetcorn | > banana | > yellow plum |
| | > grapefruit | > quince |
| | | > starfruit |

This group provides nutrients such as vitamin C, carotenoids, flavonoids and terpenes. Lutein is a carotenoid that is stored in the eye, and helps reduce the risk of some eye diseases later in life.

Green

- | | | |
|--------------------|-----------------|------------------|
| > asparagus | > celery | > green apple |
| > beans (fresh) | > cucumber | > avocado |
| > bok choy | > leeks | > feijoa |
| > broccoli | > lettuce | > green grapes |
| > Brussels sprouts | > peas | > green pear |
| > cabbage | > green olive | > honeydew melon |
| > Chinese cabbage | > spinach | > kiwi fruit |
| > green capsicum | > silverbeet | > lime |
| | > spring onions | |
| | > zucchini | |

This group provides a large range of nutrients, including vitamin C, carotenoids, flavonoids, indoles, saponins and terpenes. Green vegetables also provide folic acid, vitamin K, iron and calcium. Folic acid and iron are important for making healthy red blood cells.

Blue, purple and black

- | | | |
|-------------------|-----------------|------------------|
| > beetroot | > Spanish onion | > black-currants |
| > purple cabbage | > eggplant | > figs |
| > purple capsicum | > black olives | > purple grapes |
| > purple carrot | > purple potato | > purple plums |
| | > blueberries | > prunes |
| | > blackberries | |

This group is very rich in anthocyanins, as well as providing vitamin C. Anthocyanins help protect body tissues from damage and may reduce risk of cancer and heart disease.