



Fruits & Veggies

Nutritional Benefits of Fruits & Veggies

- Carbohydrates for energy
- Fibre to prevent constipation and promote heart health
- A variety of vitamins and minerals

Tips to Remember

- Serve fruits & vegetables most often and juice less often
- Choose canned fruits that are packed in juice and water
- Frozen fruits & vegetables are as nutritious as fresh

Serving Sizes

- 1/2 cup (125 ml) - fresh, frozen, or canned fruits & vegetables
- 1/2 cup cooked or 1 cup raw - leafy green vegetables
- 1/2 cup - 100% juice
- 1/4 cup - dried fruit



Serving More Fruits & Veggies

- Offer fresh fruit or canned fruit cup
- Offer vegetables with a low fat dip
- Offer fruit or berries on cereal or in yogurt
- Offer fruit kebabs and yogurt for a dip
- Offer fruit and yogurt smoothies
- Offer fruit with pancakes or waffles
- Cut fruit into portions. Kids tend to eat fruit and vegetables more often if they are served in bite size portions or peeled and ready to eat.
 - Orange Wedges
 - Melon Wedges
 - Small container of Grapes
 - Half a banana
 - Carrot Sticks

Recipes

Berry Vanilla Smoothie

- 1 Cup Vanilla low fat yogurt
- 2 Cups 1% Milk
- 1 Cup Frozen berries

Place all ingredients in a blender and blend on high speed until well blended
(Serves 4)

Veggie Pinwheels

- 2 Tbsp Light cream cheese spread
- 2 Tbsp Low fat ranch dressing
- 2 Whole wheat tortillas (7 inch)
- 1 Cup Carrots, finely shredded
- ½ Cup Red peppers, finely chopped
- 2 Green onions, thinly sliced

Mix cream cheese spread and dressing until well blended and spread evenly onto tortillas; top with vegetables. Roll up tortillas tightly and wrap individually in plastic wrap. Refrigerate at least 30 minutes. Cut each roll up into six slices to serve.