



NUTRITIONAL BENEFITS OF FRUITS AND VEGGIES

Fruits and veggies are a good source of vitamins, minerals, and fibre, which help support many of our body's functions. For example:

- Folate, found in oranges, helps to make red blood cells, which deliver oxygen around our body.
- Vitamin A, found in carrots, and vitamin C, found in citrus fruit, helps keep our eyes, skin, and teeth healthy.
- Fibre, which is found in all fruit, helps our digestive system work properly.

TIPS TO REMEMBER

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

SERVING MORE FRUITS AND 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 fruits 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

SERVING SIZES - PLATE METHOD

Canada's Food Guide uses the "plate method" when describing food portions. It recommends:

- Half the plate be made up of fruits and veggies.
- One quarter of the plate be made up of whole grains.
- One quarter of the plate be made up of protein foods.



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

- 1 Tbsp Light cream cheese spread
- 2 Tbsp Low fat ranch dressing
- 2 Whole wheat tortillas (7 inch)
- 1 Cup carrots, finely shredded
- 1/2 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.

