

# 5 Reasons Vegetables and Fruit Really Matter

Establishing healthy eating patterns at a young age is very important!



## 1. They help kids grow

Vegetables and fruit are packed with healthy vitamins and minerals – such as vitamins A, C, E, and potassium that kids need to be healthy.

## 2. They fight disease

By learning to love veggies now, kids will build a lifelong habit that can help lower their risk of developing heart disease, high blood pressure, and some cancers later in life.

## 3. They help hydrate

Kids don't have to get all their water from a cup – fruit and many vegetables including lettuce and carrots, contain plenty of it.

**Have a vegetable or fruit EVERY time you eat!**

### Recommended number of Food Guide Servings per day

Children	# Servings
2-3 yrs old	4
4-8 yrs old	5
9-13 yrs old	6

One serving = 1 vegetable or fruit  
 ½ cup fresh, frozen or canned vegetables and fruit  
 1 cup raw leafy vegetables

## 4. They are nourishing

Kids who eat a variety of veggies and fruit prepared in a healthy way, have healthier diets. Vegetables and fruit help fill kids up, leaving less room for less nutritious choices.

## 5. They're packed with fibre

Fibre makes kids feel full and prevents constipation. Eating a high-fibre diet also means your child may be less likely to develop heart disease and high cholesterol later in life. Most kids get only about half as much fibre as they need.

## Canada's Food Guide recommends that we:

- Eat at least one dark green and one orange vegetable each day
- Choose vegetables and fruit prepared with little or no added fat, sugar or salt
- Have vegetables and fruit more often than juice
- Satisfy thirst with water



For more information on Canada's Food Guide visit:

<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>

For more information on healthy eating call and speak to a Registered Dietitian at Telehealth Ontario toll-free at 1-866-797-0000 or visit [www.unlockfood.ca](http://www.unlockfood.ca)



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