

Did you know that:

For children aged 4-10, it is sufficient to eat around 400 g of fruit and vegetables each day (400 g are equivalent, for example, to one carrot, one orange, one apple and one decilitre of sweetcorn). A good rule of thumb could be to eat five portions per day, each of which is the same size as the child's clenched fist. You could try dividing the portions up in a way that they consist of half fruit and half vegetables. Children under the age of four benefit greatly if fruit and vegetables are included in every meal.



Why is it important to eat fruit and vegetables every day?

Eating an abundance of fruit and vegetables is good for both your health and the environment. Fruit and vegetables contain lots of fibre, vitamins and other important nutrients that we need in order to feel good and stay healthy.



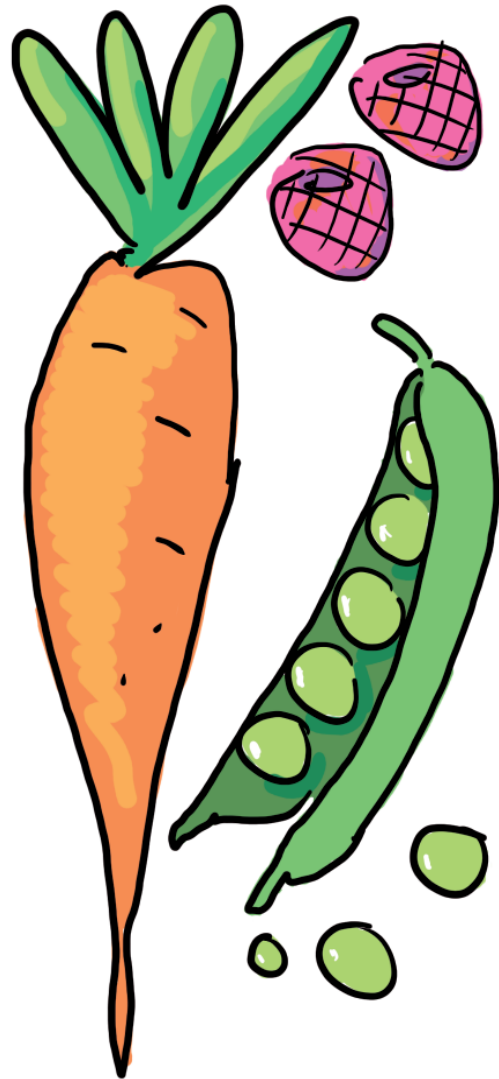
The IDEFICS study offers five folders aimed at promoting children's health:

- Water – the best way to quench your thirst!
- Good sleeping habits are important for your child!
- Enjoy your time together – television and other screens can wait!
- Fruit and vegetables are tasty!
- Play and exercise are good for children and adults!

The folders and other material can be downloaded at www.vgregion.se/obesity decision support under the heading brochures/folders. The folders are funded by the Public Health Committee, Region Västra Götaland. They can be ordered at adress.distributionscentrum@vgregion.se.

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Fruit and vegetables are good for you!



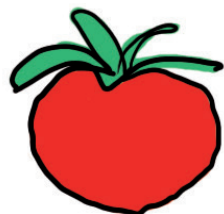
www.ideficsstudy.eu

learning, healthy living Partille Municipal Authority University of Gothenburg, Sahlgrenska Academy Department of Paediatrics, Public Health Committee Region Västra Götaland





Five tips on how to encourage children to eat more fruit and vegetables



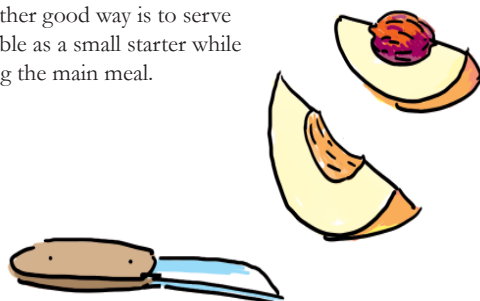
Have fruit and vegetable times together

Children enjoy it when they have the opportunity to do things together with adults. If as an adult you eat fruit, vegetables and berries, your children will find it easier to do the same and they will enjoy it. Prepare fruit and vegetables together and allow your children to help.



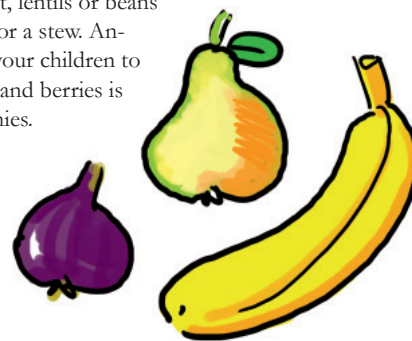
Serve fruit and vegetables as a snack

Pieces of fruit and vegetable strips are perfect as a snack. They can also be served when the whole family are together relaxing on a Friday evening, or perhaps dipped in a tasty sauce. Another good way is to serve pieces of vegetable as a small starter while you are preparing the main meal.



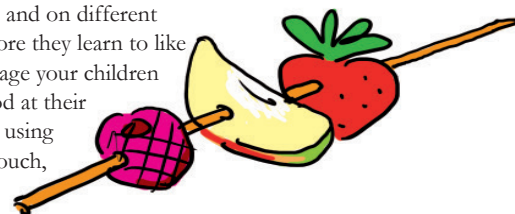
Serve fruit and vegetables in different ways

Hot or cold, whole or in pieces. In a meal, with a meal, or as a starter. As a snack or a dessert. Ideally, you should try different ways of serving. Find your children's favourites. Many children like having their fruit and vegetables cut up into pieces and served in different bowls. You could secretly include more vegetables in a meal, such as grated carrot, lentils or beans in meat sauce, taco sauce or a stew. Another popular way to get your children to eat more fruit, vegetables and berries is to make your own smoothies.



Test new types of fruit and vegetables on different occasions

Most children need to try new foods in different ways and on different occasions before they learn to like them. Encourage your children to explore food at their own pace and using their senses: touch, smell, sight and taste.



Vary the types

Fruit and vegetables can vary in terms of nutritional content, colour, shape and taste. By serving different types, you can arouse your child's curiosity and desire to eat. More 'robust' vegetables, such as carrots, cabbage, cauliflower, broccoli and beans, are excellent. A fruit salad is a popular and simple dessert that is easy to prepare. Get into the habit of always serving fruit and vegetables at mealtimes.

