



## How Many Fruits and Veggies Should Children Eat Each Day?

When it comes to supporting healthy, happy kids, one of the best things we can do is fuel their growing bodies with the right nutrition. And at the heart of that? Plenty of fresh fruits and vegetables. Fruits and vegetables are packed with vitamins and minerals for brain and body development, fibre for healthy digestion and energy for growing, learning and playing. Only about 3% of Queensland children meet the recommendations for daily vegetable consumption and 70% of children are meeting the daily fruit recommendations.

So how much is enough? You likely know the recommendations for adults and older children is 5 serves of vegetables and 2 serves of fruit each day. Ideally, in a variety of colours to get a range of different vitamins and minerals. The recommended serves for young children differ slightly, let's look at the recommended serves for young children and explore some easy ways to make healthy eating a fun part of children's daily routine.

### Daily Servings: What the Guidelines Say

According to the [Australian Dietary Guidelines](#), children need different amounts of fruits and veggies depending on their age:

Age Group	Fruit (Serves/Day)	Vegetables (Serves/Day)
2-3 years	1 serve	2.5 serves
4-8 years	1.5 serves	4.5 serves
9-11 years (Girls)	2 serves	5 serves
9-11 years (Boys)	2 serves	5 serves

Remember:

**One serve of fruit** = 1 medium apple, banana or orange, or 2 small fruits like apricots, plums or mandarins

**One serve of vegetables** = ½ cup of cooked veggies, 1 cup of raw salad, or ½ a medium potato.





## Tips to Boost Fruit and Veggie Intake

Supporting children to eat the right amount of fruits and vegetables doesn't need to be complicated — it's about creating consistent habits, making healthy food appealing, and remembering that every little bit counts. Some tips for getting more fruit and veg into a child's day are:

- **Add veggies to breakfast:** Try spinach in scrambled eggs or avocado on toast.
- **Snack smart:** Swap chips for wholegrain crackers with sliced cucumber, cherry tomatoes, cheese or fruit skewers.
- **Sauce it up:** Blend or grate carrots, zucchini or pumpkin into pasta sauces and soups.
- **Healthy tuckshops:** Work with your local tuck shop to ensure healthy options are available at school
- **Run a kids Hands on Nutrition Workshop:** kids love getting involved in meal preparation, and are much more likely to try new foods or vegetables if they have had a hand in preparing the meal!
- **Eat the rainbow:** Make a game of eating as many different colours as possible.

## Next Steps

Head to the Country Kitchens website for a range of kid friendly recipes, including our healthy lunchbox recipe category to promote at your next event. If you are interested in working with kids and/or schools to help improve fruit and veggie consumption in young children, get in touch with your Country Kitchens buddy who can help you get started!

Your local school may be involved with Health and Wellbeing Queensland's [Pick of the Crop program](#). Pick of the Crop is a whole-school healthy eating initiative that aims to increase opportunities for Queensland primary school children to learn about and eat more vegetables and fruit. The program provides funding for schools to increase children's fruit and vegetable consumption through activities such as Country Kitchens Hands on Nutrition Workshops. Reach out to your Country Kitchens buddy for a list of local schools in your area who are currently participating.

You can also head to the [Eat for Health website](#) for more information on the recommended daily serves of grains, lean meats and alternatives and dairy and alternatives for children.

