

Why Boost Veggies and Fruit?



59%
children ages
2-17
consume less than 5 servings of
vegetables and fruit a day



Eating the recommended servings of vegetables and fruit may reduce the risk of certain types of cancer, heart disease and other chronic diseases.

They contains important vitamins, minerals, fibre and other plant nutrients that kids and adults need, to stay healthy.



Recommended Number of Food Guide Servings per Day			
Age in Years	2-3	4-8	9-13
Number of Vegetable and Fruit Servings	4	5	6

How to Boost Veggies and Fruit?

1

Make veggies and fruit a part of every snack and meal – even breakfast!

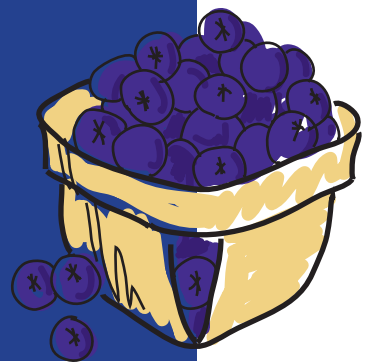


2

Feel great! Fill half your plate with veggies and fruit at every meal and snack to help meet your recommended servings.

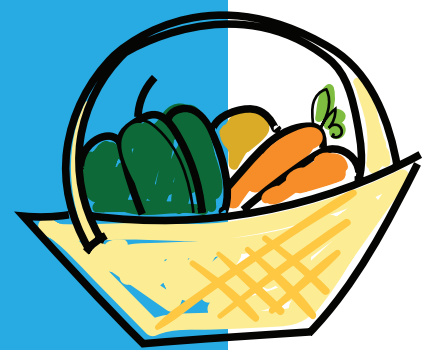
3

Choose fresh, frozen, canned or dried vegetables and fruit. All are great options!



4

Think local. Choose fresh vegetables and fruits that are local and in-season. Ontario produces over 50 varieties of vegetables and fruit.



5

Choose whole veggies and fruits more often than juice as they provide more fibre. Juice, although it contains nutrients, has as much sugar as soft drinks.



6

Be a good role model for your family and community. Children are more likely to eat vegetables and fruit if those around them are.

