

# Enjoy More Vegetables and Fruits



Vegetables and fruits are full of nutrients and fibre to help children grow, learn, and play.

**Enjoy vegetables and fruits at each meal and snack**

## How can I help children enjoy vegetables and fruits?

**Eat together.** Let children see you enjoying a variety of vegetables and fruits at meals and snacks.

**Share new food experiences.** Try new vegetables and fruits together. Explore all the colours, tastes, and textures.

**Prepare vegetables and fruits together.** Teach your child to wash fruit, tear lettuce or add vegetables to pizza.

**Double up.** Have children help add double the amount of vegetables to soups, stews, curries, stir-fries, sauces, or favourite foods.

**Take them with you.** Show children vegetables and fruits are great snacks to eat when you are out. Bring snap peas, pre-cut cucumbers or peppers, apples, oranges, or bananas for easy snacks.



For more information:

Visit [AHS.ca/HealthyEatingStartsHere](https://www.alberta.ca/HealthyEatingStartsHere), and for recipes using vegetables and fruits, visit [AHS.ca/Recipes](https://www.alberta.ca/Recipes).

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