



Offer a variety of vegetables and fruit!

Eating a variety of **vegetables** and **fruit** helps children get the nutrients they need to grow, learn, and play. Offer fresh, frozen, or canned vegetables and fruit prepared with little or no added salt, sugar, and fat. Try these ideas:

- Include a vegetable or fruit at each meal, and at most snacks.
- Offer dark green and orange vegetables each day.
- Enjoy vegetables raw, steamed, roasted, or stir-fried.
- Offer vegetables and fruit instead of juice.
- Let children see you eating vegetables and fruit every day (be a role model).

Try these tasty vegetable and fruit ideas:

- oven baked sweet potato wedges
- stir-fried broccoli and cauliflower
- steamed frozen peas and carrots
- vegetables added to pasta or soup
- frozen berries and milk in a smoothie
- roasted butternut squash or carrot sticks
- chopped spinach in wraps and sandwiches
- grated cabbage and carrots with yogurt dressing
- mashed cauliflower, turnip, parsnip or potatoes



For more information and [recipe ideas](#), visit [Healthy Eating Starts Here.ca](http://HealthyEatingStartsHere.ca)

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