

# Offer Many Vegetables and Fruits



Eating many kinds of vegetables and fruits helps children get the nutrients they need to grow, learn, and play.

- Offer fresh, frozen, or canned vegetables and fruits prepared with little or no added salt, sugar, and saturated fat.
- Offer dark green and orange vegetables often.
- Offer vegetables and fruits instead of juice.
- Enjoy vegetables raw, steamed, roasted, or stir-fried.

## Try these tasty ideas:

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

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



For more information:

Visit [AHS.ca/HealthyEatingStartsHere](https://www.alberta.ca/HealthyEatingStartsHere), and [AHS.ca/Recipes](https://www.alberta.ca/Recipes).

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