



# Healthy Living Series – The Benefits of Fruit and Vegetables



Promote the health of young children, prevent constipation, increase satiety to help with weight management



Helping young children to develop the habit of eating fruit and vegetables

## Going out

Order a dish of boiled vegetables or salad vegetables



Select a dish that comes with vegetables



Provide fruit and vegetables as snacks



Shop together



## At home

Cook together



Offer at least one serving of vegetables and include different types of fruit and vegetables in main meals



Provide fruit and vegetables as snacks



## Daily Intake



N to K1



K2 to K3

Fruit

At least 1 serving

At least 2 servings

Vegetables

At least 1.5 servings

At least 2 servings

## 1 serving of fruit



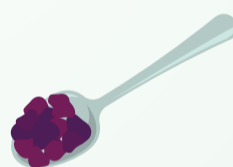
2 pieces of small-sized fruit (e.g. kiwi fruit, plum)



1 piece of medium-sized fruit (e.g. orange, apple)



1/2 piece of large-sized fruit (e.g. banana, grapefruit)



1 tablespoon of dried fruit without added sugar (e.g. raisins, prunes)



1/2 bowl of mini-sized fruit (e.g. grapes, strawberries)

## 1 serving of vegetables



1/2 bowl of cooked gourds and vegetables



1 bowl of uncooked gourds and vegetables

1 bowl = 250-300ml

Be a role model for young children

