

# Good for Kids good for life

## TIPS TO HELP KIDS EAT VEGGIES



### ADD TO EVERY MEAL

Salad on sandwiches/wraps



Offer cut up veggies as snacks



Fill half the plate with veggies



### ENCOURAGE YOUR CHILD

Show them you like eating veggies too



Add veggies to food they already like



Be positive and patient. It takes 10 to 15 times to like a new food



### TRY A VARIETY

Fresh, Frozen, canned, raw or cooked



Different colours



Buy in season

# EAT MORE VEGETABLES and fruit

Vegetables and Fruit taste great and keep us healthy. Everyone should eat Fruit and veggies every day. Most kids eat Fruit each day but they don't eat enough veggies.\*

\*Australian Bureau of Statistics (National Health Survey, 2014-15)



**MAKE  
HEALTHY  
NORMAL**

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