

To Parents: Provide children with fruit every day to improve their health

Eating the right amount of different kinds of food is certainly the key to balanced diet and optimal nutrition. Thanks to extensive studies conducted in recent years, the essential role of fruit and vegetables in healthy eating has been further confirmed, in particular reducing the risks of many diseases such as heart diseases, stroke and certain kinds of cancer. We therefore recommend one to two servings of fruit a day to children as part of a balanced diet for improving health and reducing the risks of major diseases.

Various nutrients from fruit

- Dietary fibre : can be soluble or insoluble. Both do us good.
- Vitamins : vary among fruits. Examples include vitamin A, folic acid, riboflavin and vitamin C.
- Minerals : vary among fruits. These may include iron, calcium, potassium, magnesium and zinc.
- Water : may make up 90% of weight in fruit like watermelon.



Other non-nutritive substances

- Phytochemicals : Phytochemicals are substances that are found naturally in plants and are believed to improve health and reduce risks of diseases.

What counts a serving?

One serving of fruit is about 80 grams. Children aged 6 to 12 should take at least 80 to 160 grams of fruit daily which is in line with the recommendation of the World Health Organization.

One serving of fruit is approximately defined as:

- 2 pieces of small-sized fruit (e.g. plum, kiwifruit)
- 1 piece of medium-sized fruit (e.g. orange, apple, tangerine)
- 1/2 piece of large-sized fruit (e.g. banana, grapefruit, star fruit)
- 1/2 bowl ^{Remark 1} of fruit cuts (e.g. watermelon, cantaloupe, melon)
- 1/2 bowl of mini-sized fruit (e.g. grapes, cherries, strawberries)
- 1 tablespoon (about 15ml) of dried fruit without added sugar or salt (e.g. raisin, prune)
- 3/4 cup (about 180ml) of pure fruit juice ^{Remark 2} without added sugar (e.g. pure orange juice with pulp)

Remark 1: 1 bowl = 250-300ml

Remark 2: Compare to a whole fruit, pure fruit juice contains less dietary fibre but a much higher sugar content. Parents are advised to provide whole fruit for their children to meet the recommended daily serving. Besides, it is worth noting that consuming pure fruit juice in excess to 3/4 glass (180ml) would still be counted as taking one serving of fruit only.

How to develop the habit of eating fruit daily?

- Buy children's favorite fruit with them
- Create a happy atmosphere when eating fruit with your kids
- Buy and enjoy a wide variety of fruit
- Involve children in preparing fruit for school

Choose a variety of fresh fruits to obtain different nutrients!