










Nutritious Fruit and Vegetables



Fruit and vegetables are rich in water, vitamins, minerals and dietary fibre.
Adequate daily intake of fruit and vegetables contribute to good immunity and prevent chronic diseases.

Recommended daily intake	Children aged 6-11	Adolescents aged 12 or above and adults
Vegetables	At least 2 servings  	At least 3 servings   
Fruit	At least 2 servings  	At least 2 servings  



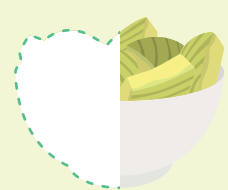
1 serving of vegetables is approximately equal to:



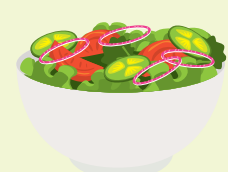
½ bowl of **cooked leafy vegetables**



½ bowl of **cooked mushrooms**



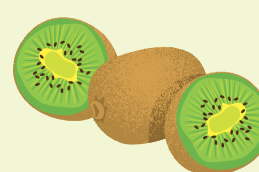
½ bowl of **cooked gourds**



1 bowl of **uncooked vegetables**



1 serving of fruit is approximately equal to:



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



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



½ piece of **large-sized fruit** (e.g. banana, grapefruit)



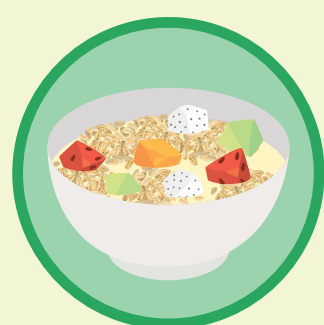
½ bowl of **cut-up fruit**



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

Note: 1 bowl = 250 - 300ml ; 1 tablespoon ≈ 15 ml

Tips to increase fruit and vegetables intake



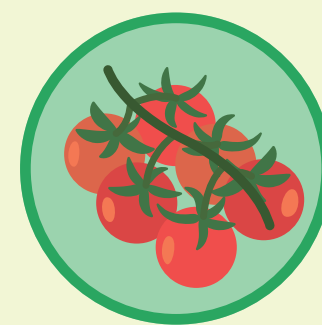
Breakfast:

Add vegetables to sandwiches or noodles in soup, or add fruit in cereals or oatmeal



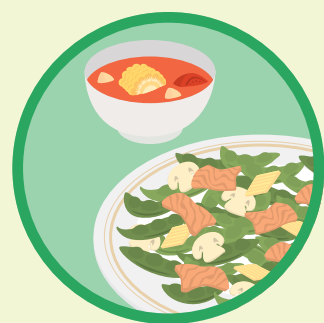
Lunch:

Add a dish of leafy vegetables or salad



Mid-meals:

Take fresh fruit or vegetables as snacks



Dinner:

Choose dishes come with vegetables and meat, soup with fruit and vegetables as ingredients and a minimum of two dishes made with vegetables

