










# Nutritious Fruit and Vegetables



Fruit and vegetables are rich in vitamins, minerals and dietary fibre, all of which help promote our health. Therefore, parents should encourage their children to consume an adequate amount of fruit and vegetables both at school and at home every day!

Parents should bear in mind :



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



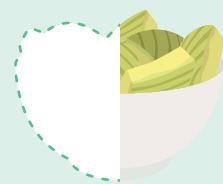
**1 serving of vegetables is approximately equal to:**



½ bowl of **cooked leafy vegetables**



½ bowl of **cooked mushrooms**



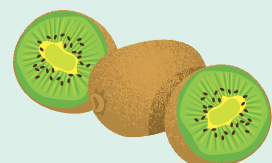
½ bowl of **cooked gourds**



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)



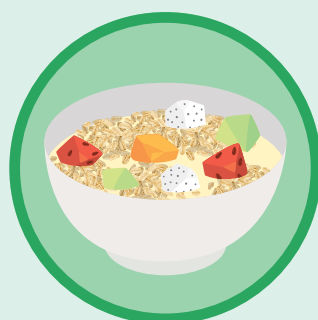
½ bowl of **cut-up fruit**



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



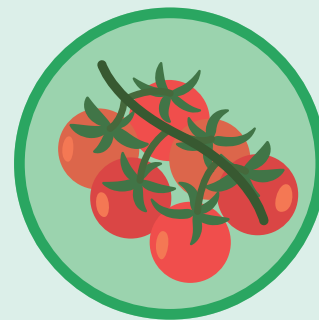
### Breakfast:

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



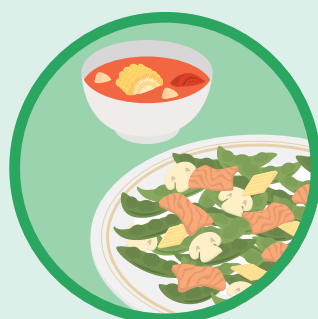
### Lunch:

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

