

Fruit adds Colour to Children's Life

Every child would welcome and enjoy a childhood filled with colour and cheer. As parents, have you ever thought of adding colour, fun and memorable moments to your children's lives? One simple way is to begin with fruit, an indispensable part of daily life.

Fruit plays an important role in healthy eating because an adequate intake of fruit could reduce the risk of many chronic diseases like heart diseases, stroke and certain kinds of cancer. According to the Healthy Eating Food Pyramid, children aged 2 to 5 years should consume at least one serving of fruit every day. Yet, many preschool children do not have an adequate daily intake of fruit.



All the Way with Fruit

Have you ever thought of the best time for eating fruit? Actually, fruit would be great for serving as main meals (e.g. breakfast, lunch or dinner) or snacks (in the morning or afternoon) and there are many ways of enjoying it. Here are some suggestions –



Fruit for Health

- Children should eat fruit every day because fruit can –
- boost immunity and reduce the chance of getting sick
 - help remove body wastes and prevent constipation
 - keep children healthy, making them smarter and more active
 - replace unhealthy snacks and desserts, thus avoid putting on excessive body fat

| Eating Time | Examples | Suggested fruit |
|--|--|--------------------------------------|
| Breakfast | Oatmeal with low-fat milk + fruit low-fat plain yoghurt + fruit | Raisins, pineapple, strawberries |
| Refreshment break | Fresh fruit | Apple, plum, nectarine, banana |
| Lunch, dinner (as a substitute for dessert) | Fresh fruit Mixed fruit salad | Orange, Hami melon, grapes, cherries |



One Serving ^{Remark 1} of fruit is equivalent to...

- 2 pieces of small-sized fruit (e.g. plum, kiwifruit)
- 1 piece of medium-sized fruit (e.g. orange, apple, mandarin)
- ½ piece of large-sized fruit (e.g. banana, grapefruit, star fruit)
- ½ bowl ^{Remark 2} of cut-up fruit (e.g. watermelon, cantaloupe, honeydew melon)
- ½ bowl of mini-sized fruit (e.g. grapes, lychees, cherries, strawberries)
- 1 tablespoon (about 15ml) of dried fruit without added sugar or salt (e.g. raisins, dried prunes)
- ¾ glass (about 180ml) of pure fruit juice ^{Remark 3} without added sugar (e.g. pure orange juice with pulp)



Joyful Fruit Tips

- To make children love and eat fruit, parents are advised to serve fruit in creative manners. Parents may –
- use fruit to teach colour (e.g. red apples, green grapes)
 - build beautiful patterns and shapes with fruit of different colours, and make use of fairy tales and imaginations
 - sing nursery rhymes that spell out the benefits of fruit (e.g. an apple a day keeps the doctor away)
 - teach children about fruit at supermarkets or markets
 - teach children about seasons and festivals with the help of seasonal fruit at different times of the year

Remark 1: Each serving of fruit weighs about 80 grams. Children from 2 to 5 years old should eat at least 80 grams of fruit every day.

Remark 2: 1 bowl = 250-300ml

Remark 3: Compared 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, pure fruit juice in excess of ¾ glass (180ml) would still be counted as one serving of fruit only.