

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. An adequate intake of fruit and vegetables helps reduce the risks of chronic diseases such as heart diseases, stroke and certain kinds of cancer. We therefore recommend children to eat at least two servings of fruit a day as part of a balanced diet for improving health and reducing the risks of 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. Examples include iron, calcium, potassium, magnesium and zinc.
- Water : makes up 90% of the weight of fruits like watermelon.



Other non-nutritive substances

- Phytochemicals : 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 2 servings (about 160 grams) of fruit every day.

One serving of fruit is approximately 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 1} 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 2} without added sugar (e.g. pure orange juice with pulp)

Remark 1: 1 bowl = 250-300ml

Remark 2: 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.



Choose a variety of fresh fruits to obtain different nutrients!

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