



# Go for 2&5<sup>®</sup>

FRUIT VEG

## Give your kids the edge with fruit and veg!

Children need to eat fruit and vegetables every day for healthy growth and development, and to help prevent chronic diseases, such as heart disease, cancer and type 2 diabetes later in life.

Boost your child's fruit and vegetable intake by offering fresh, frozen or tinned varieties at meals and as snacks. Eat with your child and show that you enjoy fruit and vegetables too. The amount of fruit and vegetables children should eat depends on age, appetite and activity levels. The table below is a guide to your child's minimum requirements.

### Recommended daily intake for children.

4-7 years	1-2 serves of fruit	2-4 serves of vegetables
8-11 years	1-2 serves of fruit	3-5 serves of vegetables



Hungry for more?  
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An Australian Government, State and Territory health initiative.