



# newsletter

## Paint Your Plate with Veggies and Fruit

Dear Parents,

**This week your child will explore a rainbow of vegetables and fruit. Vegetables and fruit come in a variety of different colours—red, yellow/orange, green, blue/purple, and white/tan/brown. We will be promoting these messages:**

- Offer at least one dark green vegetable (e.g., broccoli, romaine lettuce, green peas, spinach) and one orange vegetable or fruit (e.g., sweet potatoes, carrots, winter squash, cantaloupe, peaches) each day. But don't stop there!
- Go for red cherries and strawberries, blueberries and purple grapes, yellow peppers and squash, and brown pears and white parsnips. Different coloured vegetables or fruit give your body different nutrients each day.
- Serve vegetables or fruit at each meal or snack. Let your child decide how much to eat.

**You can boost vegetables and fruit at home too. Try these tips for success:**

- Start early. Introduce vegetables and fruit to children when they are young.
- Offer small amounts and be patient. Give children time to become familiar with different flavours and textures. Offer vegetables and fruit cut into different shapes (e.g., sticks or cubes), or serve them raw or cooked, crunchy or softer, to increase interest.
- Be prepared. Keep a supply of washed and cut vegetables and fruit in the fridge for easy snacking.
- Pack them up. Bring washed and cut vegetables and fruit with you on road trips or for after sports practice.
- Make a trade. Swap a side of fries with veggie sticks, salad, or fruit when eating out.
- Add them in. Add extra vegetables to homemade and prepared foods, such as adding frozen mixed vegetables to a macaroni beef casserole. Smoothies are another great way to add in more vegetables and fruit.

**Stop by the centre for Paint Your Plate factsheets with tips on eating more vegetables and fruit. Together we can help children enjoy eating vegetables and fruit for a lifetime.**



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***Paint Your Plate with vegetables and fruit!***