

Fruit

The *Nutrition Checklist for Menu Planning*¹ recommends that each day **at least 1 serve of fruit** per child, is included on the menu.

A variety of fruit throughout the menu is important.

Each of these provides 1 serve of fruit:

1 medium piece of fruit
e.g. apple, banana, pear



2 small pieces of fruit
e.g. 2 apricots or 2 kiwi fruit



1 cup diced or
canned fruit
(no added sugar)



30g dried fruit
(only occasionally)
e.g. 4 dried apricots

Source: NHMRC, 2013

Refer to the *Ingredient Quantity Guide* tip sheet for more information on amounts of fruit.

Ideas for including a variety of fruit on the menu

- Fruit kebabs – thread pieces of fruit onto icy pole sticks to make colourful patterns.
- Fresh fruit platter – include colourful fruits cut into fun shapes (e.g. cubes, strips, stars, apple slinkies). Serve with yoghurt[#] or cheese cubes[#].
- Frozen fruit segments – chop fresh fruit, wrap in plastic wrap, then freeze. Serve on a warm day. Try watermelon wedges, pineapple rings, banana chunks on paddle pop sticks.
- Fruit smoothies – mix fresh or frozen fruit, milk[#] and yoghurt[#] in a blender.
- Diced or canned fruit and yoghurt[#] – choose canned fruit with ‘no added sugar’.
- Fruit salad – mix colourful fruit and serve in plastic bowls. Add a dollop of yoghurt[#] or custard[#]. Any leftover fruit can be frozen and used in smoothies or as a frozen snack on a warm day.
- Fruit jaffles – try apple and cinnamon or banana and ricotta cheese.
- Fruit Crumble* – use your choice of fruit to make a healthy crumble.
- Sliced banana on raisin bread.

Fresh fruit is a better choice than juice.

Eating the whole fruit provides more vitamins, minerals and fibre, which makes it more filling and nutritious than a glass of fruit juice.

¹ *Caring for Children: Birth to 5 years*, NSW Ministry of Health, 2014, page 92.

[#] Use reduced fat dairy products for children over 2 years of age.

* Recipes available in *Caring for Children: Birth to 5 years*, NSW Ministry of Health, 2014