

Vegetables

The *Nutrition Checklist for Menu Planning*¹ recommends that each day **at least 2 serves of vegetables** per child, are included on the menu.

A variety of vegetables throughout the menu is important.

Each of these provides 1 serve of vegetable:

½ cup cooked vegetables
e.g. carrots, beans, cauliflower,
pumpkin, broccoli



1 cup salad vegetables
e.g. cucumber, tomato,
capsicum, lettuce, snow
peas



½ cup cooked dried,
canned beans, peas or
lentils
e.g. chickpeas, baked
beans, butter beans

½ medium potato or
1 medium tomato



Source: NHMRC, 2013

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

Ideas for including a variety of vegetables on the menu

- Corn on the cob
- Raw or cooked vegetable sticks with salsa or dip[#]
- Vegetable fillings on sandwiches e.g. cucumber, tomato, grated carrot
- Vegetable scones e.g. grated zucchini and carrot, pumpkin and date
- Vegetable soup e.g. Minestrone Soup*, Lentil Soup*, pumpkin soup
- Vegetable Slice* – served as a meal or snack
- Celery sticks filled with cream cheese and sultanas
- Vegetable chips – slice carrot, zucchini, potato and sweet potato, spray with olive oil and bake until golden
- Baked beans – serve warm in a cup with grated cheese or pour over wholegrain toast
- Vegetable side dishes – offer bowls of colourful vegetables with main meals
- Vegetable pancakes – serve warm or cold. Try corn kernels, grated carrots, onion and chopped beans
- Vegetable toppings on pizzas e.g. capsicum, mushroom, sweet potato, pumpkin, tomato

Children may need to try new vegetables up to 10 times before they accept them.

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

[#] Healthy dip ideas available in *Caring for Children: Birth to 5 years*, NSW Ministry of Health, 2014, page 56.

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

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