

**Try these tips to help  
you get more veggies  
and fruit each day:**

Fill half  
of your  
plate with  
veggies  
or fruit.



Enjoy  
vegetables  
and fruit at  
every meal  
or snack.



Choose whole  
veggies and  
fruit more  
often than  
100% juice.



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Choose to Boost  
**Veggies**  
and **Fruit**



Explore the colours,  
textures, and flavours  
of veggies and fruit!

## Why are veggies and fruit important?

Vegetables and fruit are full of vitamins, minerals and fibre. Eating vegetables and fruit every day will keep you full, well hydrated, and feeling your best!

They give us the nutrition we need for overall health, and are especially important for children's growth and development

## Tips to help you boost veggies and fruit:

Make a breakfast wrap with scrambled eggs and veggies on a whole grain tortilla. Top with shredded cheese and enjoy!



Add chopped veggies like onions, garlic and celery when cooking soup, stew, beans, rice, and sauces.



Keep a bowl of fruit where your family can see it, for easy access.



For an easy to grab snack, cut up raw veggies, like bell peppers, celery or carrots, before you put them in the fridge. Try them with hummus or guacamole.



Add a side of veggies to your meal – try frozen or canned veggies for a quick and easy option!



Pair your favourite fruit with yogurt and a sprinkle of cereal for the perfect parfait.



For more tips to help you boost veggies and fruit, visit [halfyourplate.ca](http://halfyourplate.ca)