

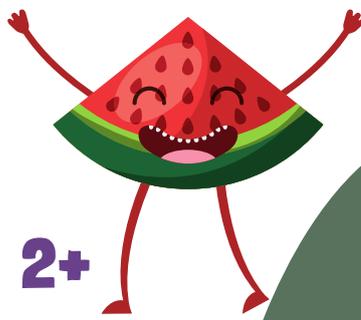


# ALL ABOUT FRUIT AND CHILDREN <sup>2+</sup>

ALL YOUR FRUIT QUESTIONS  
ANSWERED IN ONE PLACE



# FRUIT AND CHILDREN 2+



## Get the facts and top tips

### Fabulous fruit

Fruit is fabulous to serve with breakfast, lunch, dinner or snack!

Aim to offer a rainbow - different coloured fruit often have different nutrients.



### When should I serve it?

Serving fruit alongside a meal or snack can work well rather than as a 'reward' for eating their meal. Over time having to finish your dinner to get your pudding can lead to the savoury course becoming less liked.

It's also fine to not serve fruit at every single meal and snack!

### Get the facts

Aim: At least 5 fruit and veg per day.

There is no specific guidance on the split between veggies vs fruit but often sweet fruits are easy for children to like! It's important to continue serving lots of lovely veggies as well as fruit.

What counts: Fresh fruit, frozen, dried, tinned (preferably in juice)

### What about juice?

No more than 150ml juice can count as one portion for children over 5, served with a meal.

For younger children, juice should be well diluted eg 1 part juice to 10 parts water.

### How much is enough?

How much: A good portion size for children is what they can fit in the palm of their hand.

80g is a portion of fruit for adults, less for children under 5.

Dried fruit portion is 30g for adults, less for children.

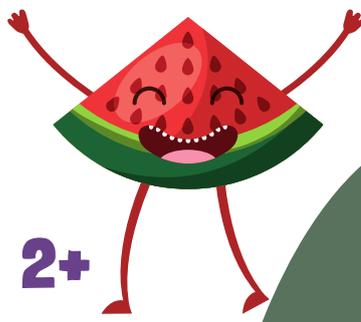
### How to get them to eat it?

Ultimately, our job is to offer a wide variety of fruit regularly. Try to avoid pressuring, encouraging, bribing or forcing children to eat or try it.

Just offering and enjoying it yourself has been shown to help children feel comfortable to try things when they are ready.



# FRUIT AND CHILDREN 2+



## Get the facts and top tips

### But he only eats apples..?

He has good taste- apples are delicious!

What are some fruits that you enjoy? Serve those, often, together at the table.

Enjoy them yourself (try not to over do the yummy noises too much!) without pressuring him to try it.

Do contact your health care professional if you are concerned your child continues to eat a very limited range of foods or has dropped entire food groups.

### Serving unfamiliar fruit

Serve new fruits alongside a meal or at a snack time with other foods, a yoghurt dip or crushed nuts sprinkles. Always serve 1-2 items at meals and snacks that you know they typically like.

Essentially, don't stop offering previously rejected fruits. Children can't randomly decide to eat it one day if it's not there.

### Is dried fruit bad?

No! A small portion alongside a meal is great to include. Dried fruit can be sticky on the teeth so it's best to offer it at mealtimes rather than on its own.

Try a small handful of raisins in porridge or sprinkled on cereal, or a couple of dried figs with lunch, or chicken & dried apricot tagine for dinner.

### Eat a rainbow

Fundamentally, a variety is best! Think colours as well as fresh vs dried, tinned etc.

Work through the colours of the rainbow over a day/ couple of days/ week depending on current intake.



### Can you have too much fruit?

Generally in the UK we are not eating enough fruit and vegetables. Like any food, if we only eat or offer fruit then we are likely not to be getting the range and variety our bodies need.

It's up to us as parents to decide when fruit is on the menu- if you think they've had quite a lot of fruit that day it's ok to not serve fruit at the next meal. Continue to serve veggies even if you think only the fruit will be eaten.

### What about the sugars in fruit?

We do not need to worry about the sugars in whole fruit.

If serving fruit at snack time, add some other food groups to balance the snack and make it more filling.

Try plain yoghurt with apple and a thinned dollop of nut butter.



The images on the following pages are from

First Start Nutrition Trust

<https://www.firststepsnutrition.org/eating-well-early-years>

- A good portion size of fruit for children is what they can fit in the palm of their hand.
- A visual guide can sometimes be helpful for us adults to know how much to purchase, prepare or offer rather than us thinking we need to 'get' them to eat that amount.
- These pictures show possible portions to be offered to children aged 1-4.
- An adult portion of fruit and veg is 80g for reference. The fresh fruit pictures are shown as 40g so roughly half an adult portion.
- Children should be encouraged to eat to appetite - they may eat more, or less than this on any given day.
- Research tells us that pressure to eat often backfires.
- The best way to encourage children to eat a particular fruit is to enjoy eating it yourself, often, in front of them with no pressure to eat.

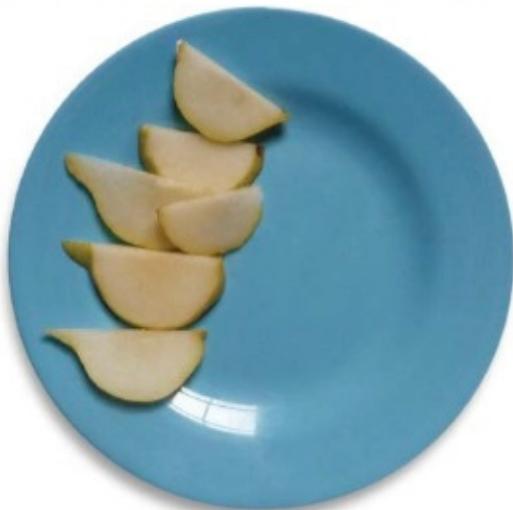
## APPLES AND PEARS



**Apple** 1/2 apple 40g



**Stewed apple with juice** 70g



**Pear** 1/3 pear 40g



**Pears, canned in juice, served without juice** 40g



**Stewed pear with juice** 70g

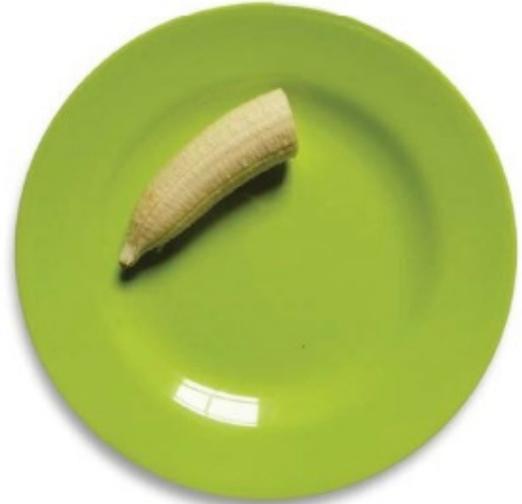
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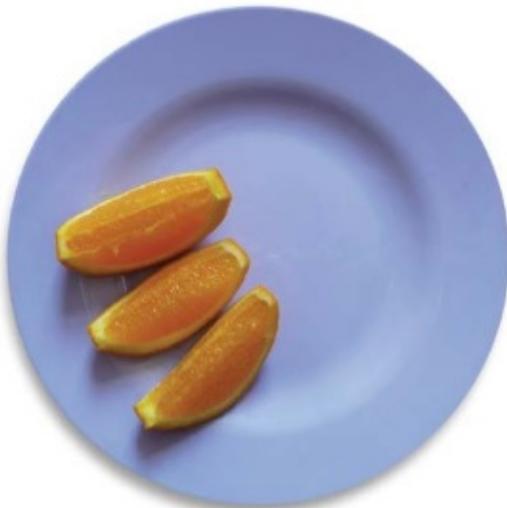
## BANANAS AND ORANGES



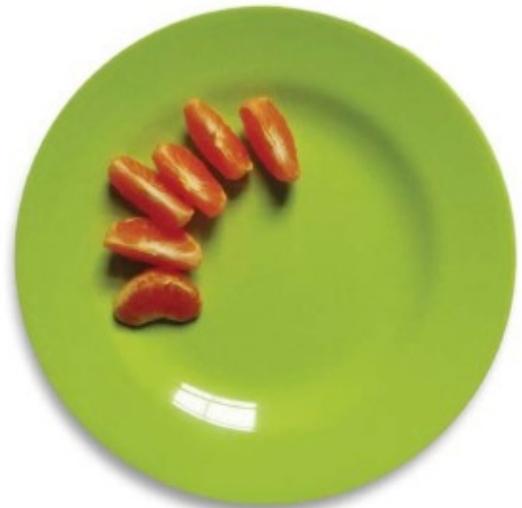
**Banana** 1/2 banana 40g



**Banana** 1/2 banana 40g



**Orange** 1/2 orange 40g



**Clementine** 1/2 clementine 40g



**Mandarins, canned in juice, served with juice** 70g



**Mandarins canned in juice, no juice** 40g

Images from First Start Nutrition Trust

<https://www.firststepsnutrition.org/eating-well-early-years>

## STONE FRUIT



**Mango** 40g



**Nectarine** 40g



**Peaches canned in juice, served with juice** 70g



**Plums** 40g



**Stewed plums with juice** 70g

Images from First Start Nutrition Trust

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## OTHER FRUIT



**Grapes** 40g



**Kiwi** 1/2 kiwi 40g



**Fresh pineapple** 40g



**Pineapple canned in juice, served with juice** 70g



**Melon** 70g



**Watermelon** 40g

Images from First Start Nutrition Trust

<https://www.firststepsnutrition.org/eating-well-early-years>

## BERRIES



**Blackberries** 40g



**Blackcurrants and redcurrants** 40g



**Blueberries** 40g



**Frozen mixed berries** 40g



**Raspberries** 40g



**Strawberries** 40g

Images from First Start Nutrition Trust

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Source: NHS

## 5 A Day fruit portions for adults and children over 5

### Small-sized fresh fruit

A portion is 2 or more small fruit – for example, 2 plums, 2 satsumas, 2 kiwi fruit, 3 apricots, 6 lychees, 7 strawberries or 14 cherries.

### Medium-sized fresh fruit

A portion is 1 piece of fruit, such as 1 apple, banana, pear, orange or nectarine.

### Large fresh fruit

A portion is half a grapefruit, 1 slice of papaya, 1 slice of melon (5cm slice), 1 large slice of pineapple or 2 slices of mango (5cm slices).



THANK YOU FOR  
JOINING ME!  
ANY QUESTIONS  
COME FOR A CHAT  
ON INSTAGRAM

