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\(^4\) or cheese cubes\(^5\).
- **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\(^6\) and yoghurt\(^6\) 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\(^6\) or custard\(^6\). 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.

\(^4\) Use reduced fat dairy products for children over 2 years of age.

\(^6\) Recipes available in Caring for Children: Birth to 5 years, NSW Ministry of Health, 2014