Fruit

The Nutrition Checklist for Menu Planning¹ 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.

<table>
<thead>
<tr>
<th>Each of these provides 1 serve of fruit:</th>
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<tbody>
<tr>
<td>1 medium piece of fruit e.g. apple, banana, pear</td>
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<tr>
<td>2 small pieces of fruit e.g. 2 apricots or 2 kiwi fruit</td>
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<tr>
<td>1 cup diced or canned fruit (no added sugar)</td>
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<tr>
<td>30g dried fruit (only occasionally) e.g. 4 dried apricots</td>
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</tbody>
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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 yoghurtª or cheese cubesª.
- 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, milkª and yoghurtª in a blender.
- Diced or canned fruit and yoghurtª – choose canned fruit with ‘no added sugar’.
- Fruit salad – mix colourful fruit and serve in plastic bowls. Add a dollop of yoghurtª or custardª. 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.
ª 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