

## Children's nutritional needs: vegetables!

We know good nutrition is essential for kids to grow and develop normally. Children aged 2–3 years need 2.5 serves of veggies each day, and children aged 4–8 years need 4.5 serves of veggies each day.



## 12 ideas on how to boost children's veggie intake

### Breakfast

- Cooked eggs on toast with wilted **spinach**, grilled **tomato** and/or sautéed **mushrooms**
- **Avocado** and vegemite or **Baked Beans** on toast
- Brekky bruschetta made with **avocado**, **cherry tomatoes** and **basil**. Drizzle with lemon juice and extra virgin olive oil.
- Omelette with finely diced veg e.g. **capsicum**, **onion**, **zucchini**, **spinach**, **tomato**
- Veggie fritters made with **zucchini**, **peas**, **broccoli** or **corn**.
- Brekky wraps with scrambled egg, **avocado**, wilted **spinach**, grilled **tomato** and/or sautéed **mushrooms**



### Lunch and Dinner

- Veggie slice: make frittatas or quiches packed with vegetable such as **zucchini**, **capsicum**, **spinach**, **corn**.
- Instead of butter, spread **avocado** in sandwiches or rolls for a creamy texture.
- Veggie bake: slice any veg (e.g. **capsicum**, **mushrooms**, **eggplant**, **zucchini**, **pumpkin**, **sweet potato**, **corn**, **onion**), layer with **tomato passata**, top with cheese and bake.
- **Veggie-packed soups** such as minestrone with onion, carrot, celery, zucchini, canned cherry tomatoes, five-bean mix, shell pasta, garlic and parsley.
- Puree, grate or finely dice **any vegetables** (e.g. **broccoli**, **carrot**, **capsicum**, **onion**) into meals made with a sauce or minced meat e.g. pasta sauces, bolognaise, tacos or burritos.
- Chop **any veg** (e.g. **peas**, **corn**, **mushrooms**, **green beans**, **carrots**) and add to meals that might traditionally not have much – such as pastas, risottos, homemade pizzas, casseroles and curries.

Reference: <http://www.nutritionaustralia.org/national/resource/easy-ways-get-more-fruit-and-veg-your-day>