







## Tips to increase fruit in your child's diet

- Try making fruit kebabs by threading a number of tasty fruit chunks onto a skewer e.g. fresh pineapple, banana, strawberry and pear). Brush with honey or maple syrup and place under a grill for a few minutes. 
- Make a fruit smoothie. Chill the ingredients. It is good to add yogurt to the smoothies for extra calcium and protein. The smoothie should be drunk as soon as possible after it is made in order to preserve the vitamins. Frozen berries can be used in smoothies – they are less expensive. 
- Add a chopped banana or a handful of raisins to your child's breakfast cereal
- Handy fruit snacks include a small box of raisins, a mandarin, plums, cherries. These can be brought in the car for journeys. 
- Have a fruit bowl stocked and within easy access so the family can snack on fruit e.g. between meals or while watching TV, rather than on junk foods.
- Have fruit in the car for long journeys so they can choose to eat fruit themselves.
- Add fruit to pancakes and desserts or serve fresh fruit and ice cream. 
- Frozen grapes are a delicious alternative to confectionary.
- Stewed fruit is also a good dessert option e.g. stewed apple and custard.

