



Student Nutrition Program

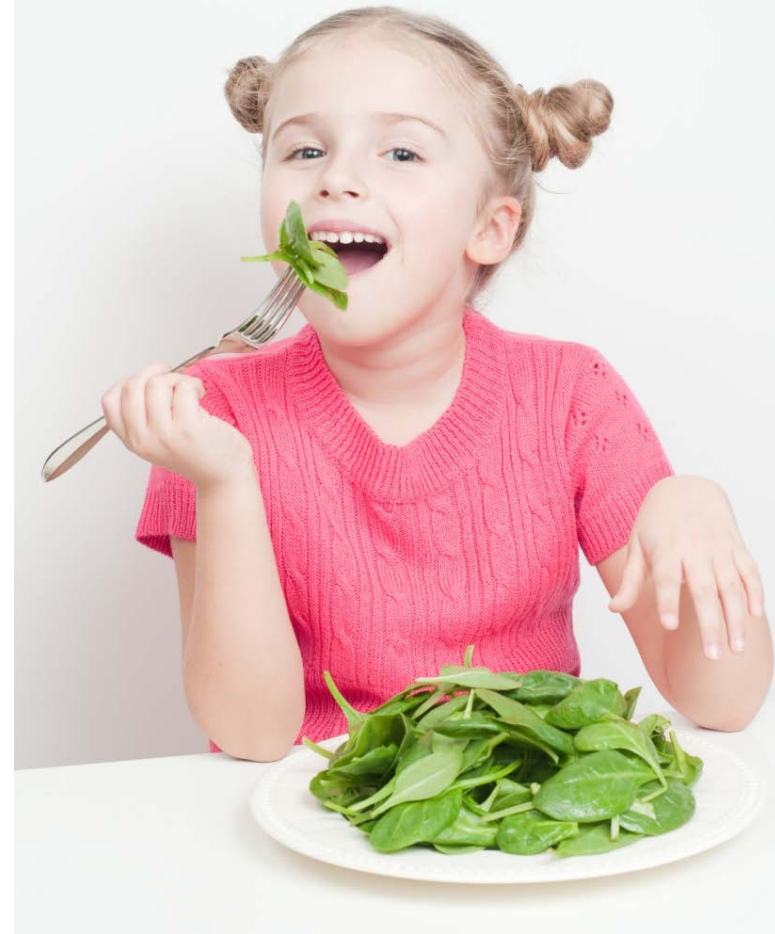
Vegetables and Fruit

October 2016

Vegetables and Fruit at A Glance

Suggested serving sizes can be adjusted to reflect age and developmental stage. Trust their appetites

- 1 medium size vegetable or fruit
- 125 ml (1/2 cup) fresh, frozen, or canned vegetables or fruit
- 60 ml (1/4 cup) dried fruit
- 125 ml (1/2 cup) juice
- 250 ml (1 cup) salad



Vegetables and Fruit Serving Sizes

Use these hand models to help you determine a serving size!

Vegetables and Fruits

Fresh, frozen or canned vegetables

1/2 cup (125 mL) = 1/2 fist



Whole fruit

1 fruit = 1 fist



Dried fruit

1/4 cup (60 mL) = Cupped hand



Leafy vegetables

1 cup (250 mL) = 1 fist



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Fresh and Frozen Vegetables

- Select a variety of fresh and frozen vegetables and fruit that are not in a sauce or syrup
- Choose those without added sodium or sugar
- Check the ingredient list

Nutrition Facts			
Per 1/2 cup (125 mL)			
Amount	% Daily Value		
Calories 70			
Fat 0 g	0 %		
Saturated 0 g + Trans 0 g			
Cholesterol 0 mg			
Sodium 5 mg	0 %		
Carbohydrate 17 g	6 %		
Fibre 3 g			
Sugars 14 g			
Protein 0 g			
Vitamin A	0 %	Vitamin C	4 %
Calcium	0 %	Iron	4 %



Canned/Jarred Vegetables and Tomato Sauce

- Check the Nutrition Facts Table
- Choose canned and jarred vegetables and tomato sauces that are labelled as “no salt added” or “low sodium”.



Canned/Jarred Fruit and Fruit Sauces

- Choose canned fruit packed in juice or water and be sure sugar is not on the ingredients list.
- Drain canned fruits packed in juice to reduce sugar content.



Dried Fruit

The guidelines now include dried fruit in the “SERVE” category.

- Fruit is listed as the first ingredient
- Consume with other snacks such as cheese, crunchy fruits and vegetables, and water to protect teeth
- Brushing teeth should be encouraged after eating dried fruit



Dried Fruit

DO NOT SERVE:

- *Fruit leathers, fruit snacks, and fruit chips*
- *Fruit flavoured candy, gummies, rolls or chews*



Vegetable and Tomato Juice

- **Low sodium** Vegetable and tomato juice are now found under the “**SERVE**” category.
- Choose vegetable and tomato juices that are labelled as “**low sodium**”.



100% Juice

- Limit 100% unsweetened fruit juice to $\frac{1}{2}$ cup per child, per week.
- Most fruit flavoured drinks (punches, fruit drinks, “ades”) are mostly sugar and water
- Sugar should not be listed in the ingredients list



$\frac{1}{2}$ cup
per child,
per week



Food Safety

Handling Vegetables and Fruit

- Choose vegetables and fruit that are free of mould and decay
- Always store vegetables and fruit above poultry, fish, meat and eggs in the refrigerator
- Wash your hands, clean and sanitize work surfaces and equipment before preparing
- Wash all vegetables and fruit, including bagged salads, in water that is safe to drink before preparing or eating



Handwashing

- Cleaning your hands properly is vital to keeping food safe for eating
- Clean your hands using warm running water and liquid soap, drying with a paper towel
- Hand sanitizers are not recommended when handling food
- Hand sanitizers are not effective on hands that have food residue on them
- Hand sanitizers do not remove food allergens



Handwashing

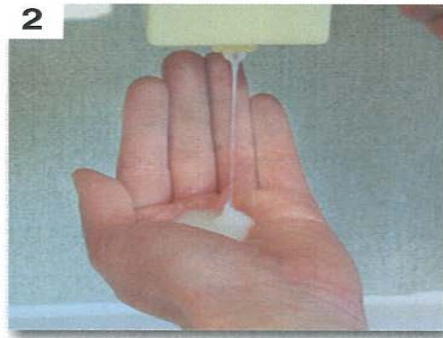
WET HANDS

Remove jewellery and watches, and wet hands with warm water first.



SOAP

Be sure to use enough liquid soap.



LATHER WELL

Lather for **15-20 seconds**. Clean wrists, palms, back of hands and between fingers.



RINSE

Rinse with warm water. Be sure not to touch side of sink.



DRY

Dry hands completely with paper towel or with an air dryer.



KEEP CLEAN

Use a paper towel to turn off water and open door, protecting hands from being recontaminated.

Thank you!

