Fruit and veg are one of the most important parts of a healthy diet. They’re full of nutrients, fibre and vitamins — and should be part of every meal. If you have a fussy eater, try:

- **Cutting fruit and veg into small pieces**
- **Serving raw vegies** — young children often prefer raw to cooked vegies
- **Being patient** — kids take an average of eight times to try something new!
- **Be a role model** — children like to copy their parents, so make sure you’re eating plenty of fruit and veg
- **Get your kids involved** — ask your children to pick their fruit and veg out each day, so they feel in charge of what they eat.

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