

For a healthier meal, make sure
at least half is vegetables

A healthy meal should include these amounts

$\frac{1}{2}$ SHOULD BE THESE TYPES OF VEGETABLES

broccoli, cabbage, peas,
cauliflower, lettuce, tomato,
pumpkin, celery, carrots, puha...

potato, kumara,
pasta, rice, taro
or other starchy
vegetables

$\frac{1}{4}$ CARBOHYDRATES

meat, chicken,
fish, eggs...

$\frac{1}{4}$ PROTEIN

TIPS

- The whole family needs vegetables every day
- Serve a mixture of colourful vegetables
- For one-pot meals mix in extra vegetables during cooking
- Canned or frozen are just as good as fresh
- Buy in season, or when they are cheaper
- Microwave or steam to lock in the flavour and goodness

Easy, tasty ways to make half your meal vegetables

SPAGHETTI BOLOGNESE



HOMEMADE PIZZA



STIR FRY



BOIL UP



ROAST CHICKEN - SKINLESS

