

## Your guide to Vegetables, salad and fruit

The foods on this shelf are low in calories and contain fibre which aids digestion. They provide many important vitamins and minerals.

**Choose 5 to 7 servings a day.**



### Food Shelf Facts



The foods in this shelf can help control body weight as part of a healthy lifestyle and contain nutrients that protect against heart disease and cancer.



Enjoy a variety of coloured fruit and vegetables to benefit from the different minerals and vitamins each contains.



Oranges, strawberries or kiwifruit are rich in vitamin C which aids iron absorption.



Most fruit and vegetables are fat free.

### What is one Serving?

#### 1 serving size is:

Apple, orange, pear or banana	1
Plums, kiwis or mandarin oranges	2
Strawberries	6
Grapes	10
Raspberries	16
Cooked vegetables – fresh or frozen	½ cup
Salad – lettuce, tomato, cucumber	1 bowl
Homemade vegetable soup	1 bowl
Unsweetened fruit juice	150ml

#### Portion guide

Fill half your plate with vegetables, salads or fruit.



### Healthy Eating Tips



Base your meals on vegetables, salad and fruit. Add salad vegetables to sandwiches.



Limit fruit juice to once a day with a meal and always choose unsweetened.



Choose fruit and raw vegetables such as chopped carrots as tasty, healthy snacks.



Add vegetables to stir-fries, stews and curries – the more vegetables the better.