



Fruity ideas and Vegetable fixes?

Eat more Fruit and Vegetables

5 + servings of Fruit and Vegetables

How much is a serving?

One serving fits into the palm of your hand



- One medium potato, kumara or similar sized root vegetables such as yam or taro
- ½ cup cooked vegetables (50-80g)
- ½ cup of salad or mixed vegetables (60g)
- 1 tomato
- 1 apple, pear or orange (130g)
- 2 small apricots or plums (100g)
- 25g dried fruit (2 Tablespoons of raisins)
- 1 cup fruit juice
- ½ cup of drained canned fruit

References:

MoH: Eating for Healthy Adult
New Zealanders

Watties: Counting on fruit &
vege

Vegetable fixes

Add a can of tomatoes to casseroles

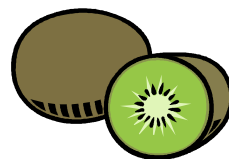
Add frozen peas or beans to pasta sauces or curries

Served hot, baked beans or cream style corn can make a quick meal

Vegetable kebabs can be fun for children

Add a cup of chopped vegetables such as broccoli, carrots, beans or red peppers in place of some of the meat or add with noodles in your favourite broth based soup

Cut corn on the cob into little wheels just 2cm wide – they make great finger food



Fruity ideas

Slice banana onto toast

Add fresh, frozen or canned berries to a yoghurt smoothie

Grate apple onto breakfast cereal or add dried fruit to porridge

Top your morning muesli with canned fruit

Use fruit as a treat for children

