

Simple Ways to Boost Your Vegetable & Fruit Intake

Vegetables and fruit contain important vitamins, minerals and plant chemicals that keep your body healthy. As part of a healthy diet, vegetables and fruit can reduce the risk of developing chronic disease.

Small changes to boost vegetable intake

How much do we need?

5 serves of Vegetables

1 serve = $\frac{1}{2}$ cup cooked vegetables (75g) or 1 cup of salad

2 serves of Fruit

1 serve = 1 medium piece (apple, orange) or 2 smaller pieces (apricots, kiwi)



Aim for half your plate at lunch and dinner to be vegetables or salad



Add an extra salad item to sandwiches and wraps



Chop carrot and celery sticks to have as a snack



Add tinned legumes to salads, casseroles and curries



Keep frozen vegetables on hand for a quick boost



Add grated vegetables to mince dishes like rissoles or bolgnaise



Stir fresh or frozen greens through pasta sauces and casseroles

Aim for variety

Mix up the types of fruit and vegetables you are purchasing. This keeps things interesting and means you are more likely to be getting a wide variety of nutrients. Different coloured fruit and vegetables contain different nutrients, so include a mix of brightly coloured fresh produce at meals.



Include vegetables throughout the day

Vegetables aren't just for dinner. In fact it would be pretty hard to eat the recommended 5 serves in one meal, so aim to include vegetables at breakfast, lunch, dinner and as snacks throughout the day.

Breakfast ideas

- Omelette with vegetable fillings like onion, tomato and spinach
- Sautéed mushrooms and spinach on toast
- Baked beans on toast
- Breakfast wrap with scrambled eggs, baked beans and spinach
- Vegetable fritters with corn and grated zucchini



Snack ideas

- Snack pack with cherry tomatoes, vegie sticks and hummus
- Small square of zucchini slice
- Hummus and sliced tomato on grainy crackers
- Savoury vegetable muffins
- Small tin of four bean mix

Add flavour to keep things interesting

- Try adding olive oil and lemon juice on steamed greens
- Sauté onion/leek and garlic and serve mixed through steamed vegetables
- Add spices like smoked paprika and cumin on roasted vegetables
- Add chopped soft herbs like mint, parsley or dill to a salad
- Stirfry vegetables with sesame oil, chilli and ginger

