

What is a serve?

Fruit



1 medium piece
150g



1 cup chopped or canned
150g



2 small pieces
150g

Vegetables



1/2 cup cooked
75g



1/2 cup beans, peas or lentils
75g



1 cup raw
75g

How many do I need every day?

	2 - 3 years	4 - 8 years	9 - 11 years	12 - 13 years	14 - 18 years	19 - 50 years	51 - 70 years	Pregnant	Breastfeeding
Fruit	1	1½	2	2	2	2	2	2	2
Veg	2½	4½	5	5 - 5½	5 - 5½	5 - 6	5 - 5½	5	5½ - 7½

How can I get more colour on my plate?

BREAKFAST

- Top your toast with beans, tomato or mushrooms
- Add fruit to cereal or yoghurt
- Pancakes: grate in some apple, pear, zucchini or carrot
- Fruit smoothies: bananas and frozen berries



SNACKS

- Fresh fruit is the easiest snack!
- Muffins: Add fresh, dried, frozen or tinned fruit or grate in some vegies
- Vegie sticks and low fat dip

MAIN MEALS

- Load up casseroles and stews with extra vegies
- Home-made pizzas are a great way to add extra vegies
- Bulk up stews, casseroles, soups and salads with chickpeas, kidney beans, lentils
- Have cooked vegetables or a salad with every main meal

































































FOR MORE INFORMATION AND LOADS OF GREAT RECIPES, CHECK OUT:



Fruit & Veg September: 30 Day challenge

Name: _____ I need _____ serves of FRUIT & _____ serves of VEG every day

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>HOW... Record your serves of FRUIT & VEG for the day on the chart. See how many days you can reach your recommended number of serves for your age. Turn over the page to see what is a serve and how many you need to have each day. GOOD LUCK!</p>				<p>Example →  //</p> <p> ###</p>	<p>1 </p> <p></p>	<p>2 </p> <p></p>
3 	4 	5 	6 	7 	8 	9 
						
10 	11 	12 	13 	14 	15 	16 
						
17 	18 	19 	20 	21 	22 	23 
						
24 	25 	26 	27 	28 	29 	30 
						

Taking the Fruit & Veg September 30 Day Challenge? Tell everyone about it! Post your Fruit & Veg photos on Instagram #fruitnvegmonth or share with your Facebook friends.