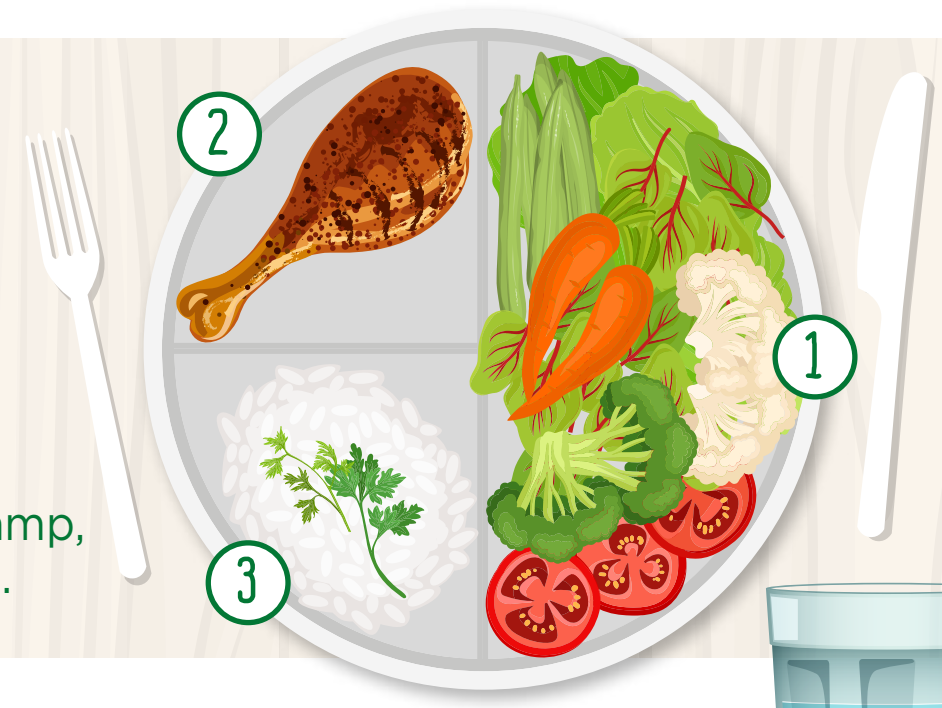


CREATE A HEALTHY PLATE

MAKE VEGETABLES AND FRUIT A PART OF EVERY MEAL AND SNACK

WHEN HAVING LUNCH OR DINNER, AIM FOR:

1. Half a plate of vegetables and/or salad.
2. A quarter plate of skinless chicken, baked or grilled fish, lean meat, eggs, cooked dry beans, split-peas or lentils.
3. A quarter plate of starchy food such as rice, samp, pap, potatoes, sweet potatoes or brown bread.



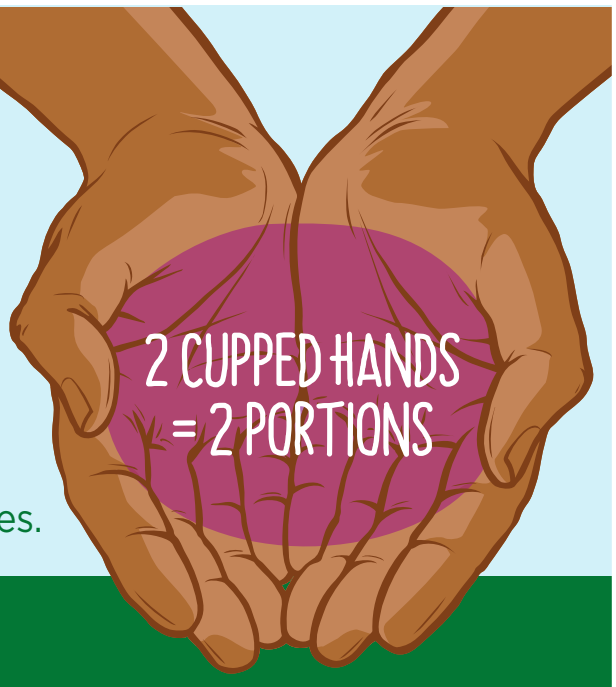


AIM FOR AT LEAST 3 PORTIONS OF VEGETABLES AND 2 PORTIONS OF FRUIT EVERY DAY



HOW TO INCLUDE MORE VEGETABLES AND FRUIT EVERY DAY:

- Add cut fruit to cereal or low fat, unsweetened yoghurt.
- Add chopped up vegetables, such as onions, tomatoes and spinach to eggs or to potatoes.
- Put vegetables in sandwiches, such as cucumber, tomato and lettuce.
- Replace starchy foods with vegetables, such as mashed gem squash or cauliflower.
- Add cabbage and/or spinach or pumpkin to pap.



TRY TO EAT A VARIETY OF VEGETABLES AND FRUIT IN DIFFERENT COLOURS IF POSSIBLE

Remember to use sugar, salt, oil or fat **sparingly** in salads or when cooking vegetables.

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