

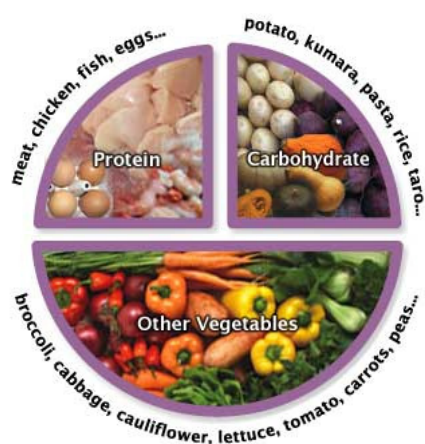
Make ½ Your Plate Vegetables

When meal planning, try to follow the simple rule of making ½ of the plate vegetables. Vegetables are essential for good health and vitality because they are full of nutrients.

This message is currently being promoted through the 'Feeding Our Futures' campaign which you may have seen on TV. Loading up meals with vegetables means more goodness on the plate and this means healthier kids.

Some tips from 'Feeding Our Futures' on making ½ your plate vegetables

- Aim to make ½ your meal vegetables full of goodness, taste and colour, like cabbage, silverbeet, watercress, cauliflower, carrot, pumpkin, peas, broccoli and salad vegetables.
- Set aside a ¼ of the meal for meat, chicken, fish, lentils, or eggs.
- This leaves ¼ of the meal for carbohydrates like potato, kumara, taro, green banana, cassava, rice, pasta or bread.
- Frozen and canned vegetables are an easy option – often cheaper too (keep a look out for what's on special).



See www.feedingourfutures.org.nz for more information on feeding our futures.

Healthy Nibbles for Tots

Nutrition and Physical Activity Information for Under 5s
For more information visit: www.cph.co.nz
Date: February 2008
Code/Reference: NUT0022ai
Authorised by: Nutrition and Physical Activity Team

Canterbury
District Health Board
Te Poari Hauora o Waitaha