

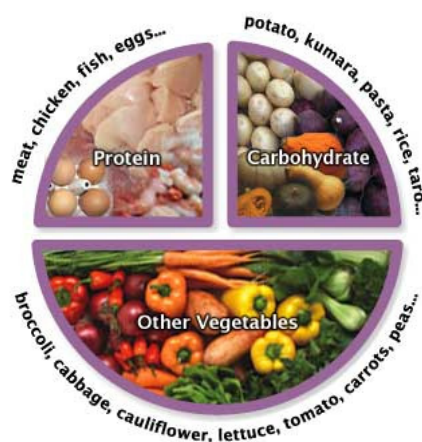
Make ½ Your Plate Vegetables

When having your evening meal, try to follow the simple rule of making ½ of the plate vegetables. Vegetables are full of nutrients making them essential for good health and vitality.

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

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, vegetarian options such as chickpeas or lentils, or eggs.
- This leaves ¼ of the meal for carbohydrates like potato, kumara, taro, green banana, cassava, rice, pasta or bread.
- Raw vegetables are just as good – half fill your plate with these if you prefer them.



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

Healthy Nibbles

Nutrition and Physical Activity Information for Adolescents
For more information visit: www.cph.co.nz
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Te Poari Hauora o Waitaha