

# EAT MORE

# FRUIT AND VEG

For good health, eat plenty of colourful fruit and vegetables



Greens



Reds



Oranges & yellows



Purples & blues



Whites & browns

Choose fresh, frozen, bottled or canned varieties



Fresh



Frozen



Bottled or canned

## TIPS TO EAT MORE FRUIT AND VEGETABLES



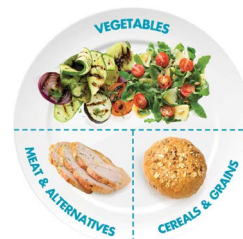
- ▲ Add canned beans to pastas, soups, stews and burritos.



- ▲ Snack on fruit.



- ▲ Snack on vegies and dip.



- ▲ Make half your plate vegetables.



- ▲ Have fruit, yoghurt and muesli for dessert.



- ▲ Turn left over vegetables into vegetable soup.

Partner:



Government of Western Australia  
Department of Health

