

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

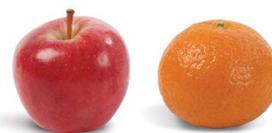


Bottled or canned

TIPS TO EAT MORE FRUIT AND VEGETABLES



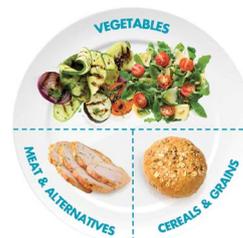
▲ Add canned beans to pastas, soups, stews and burritos.



▲ 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

