

**Are you ready
for the 30 day
challenge?**

**Add an extra
serve of green
veg today**

Are you getting
your 2&5?
Find out with the
LiveLighter® fruit and
veg quiz



Know what these are
called?...*Finger limes*

**Morning boost!
Reach for fruit
for morning tea
today**

Did you know?
The colour orange
was named after
the fruit

Buy 'in season'
for top value
and taste

Try meat-free
Mondays

**Don't skip
leg(ume) day!
Find a yummy
bean, pea or
lentil dish to cook
this week**



What's this green
vegie called?...*Tatsoi*

**Add an extra
serve of orange
or yellow veg
today**

Did you know?
Potatoes were
the first food grown
in space

**Add fruit
to your breakfast
today**



Do you know the name
of this native fruit?...
Quandong

**Add an extra
serve of red
veg today**

Did you know?
Cucumbers are
95% water

**Afternoon slump?
Reach for vegies
for afternoon tea
today**



Know what this is
called?...*Romanesco
broccoli*

Turn end-of-week
leftover vegies into
a hearty soup

**Add an extra
serve of brown
or white veg
today**

Did you know?
The world's tallest
brussel sprout plant
was 2.8 m

Did you know?
Australia produces
around 260,000
tonnes of carrots
each year.

**Sweet sensation!
Find a yummy
fruit-based dessert
to cook this week**



Not an octopus but
a...*Buddha's hand
lemon*

**Add an extra
serve of purple
veg today**

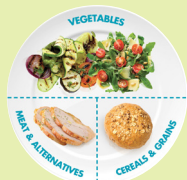
Did you know?
The world's biggest
broccoli weighed
15.9 kg

Frozen and tinned
produce can be just
as nutritious as fresh

**Add vegies
to your breakfast
today**



What's this native
leafy green called?...
Warrigal greens



Make half your
plate vegies

**Aim for 2 serves
of fruit and 5
serves of veg
today!**

FRUIT & VEG LIVELIGHTER CHALLENGE



ARE YOU READY FOR THE FRUIT&VEG LIVELIGHTER CHALLENGE?

[illegible]

We've got 12 challenges (marked with a ★) on the reverse side of this card to help you eat more colour. There are also plenty of tips, interesting facts and unusual fruit and veg to check out between challenge days. For an extra challenge, keep a tally of your fruit and vegetable serves each day using the table on the left.

Aim for 2 serves of fruit and 5 serves of veg each day!

What is one serve?

VEGETABLES



½ cup
frozen
75g



½ cup
beans, peas
or lentils
75g



1 cup
raw
75g



½ cup
canned
75g



½ cup
cooked
75g



1 cup
salad leaves
75g

FRUIT



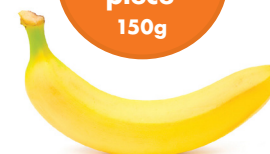
1 cup
chopped or
canned
150g



1 medium piece 150g



**2 small
pieces
150g**



**1
medium
piece
150g**



1 ½ tbs
dried fruit

Partner:



Government of **Western Australia**
Department of **Health**

