

TO HAVE A HEALTHY MEAL MAKE SURE HALF YOUR MEAL IS VEGETABLES

Tip - Put all the ingredients on the bench before you start to cook the meal.
For healthier meals make sure
 $\frac{1}{2}$ the meal ingredients are vegetables, $\frac{1}{4}$ carbohydrates, $\frac{1}{4}$ protein.



Eating more vegetables everyday is good for losing weight and can help prevent illnesses such as diabetes, heart disease, cancer.

Easy ways to add more vegetables to your meals

- Canned or frozen vegetables can be just as good as fresh and can be cheaper.
- Have a small dish of chopped raw vegetables as a snack or a side salad with oil-free dressing
- You can grow vegetables in the garden or in a container at the back door to boost your supply of fresh vegetables- for example Lettuce, Bok Choy, Silverbeet

