

EAT MORE VEGETABLES AND FRUIT

Having more vegetables and fruits is linked to a lower risk of many diseases.
Plan to have a minimum of 5 servings of vegetables and fruit a day.

Pick one small thing



Fresh and dried fruit
are a healthy addition
to lunchboxes



Fill half your dinner plate
with vegetables or salad



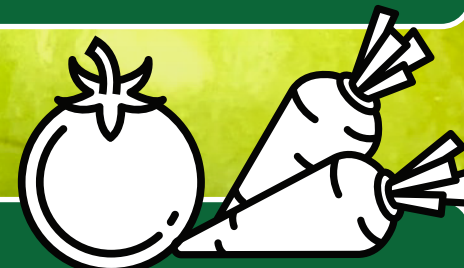
Have carrot sticks, celery
and cucumber with a dip
for a healthy snack



Prepare a smoothie
for breakfast, by blending
a mixture of fruits with
milk and yoghurt



Freeze bananas and enjoy as a
snack on a hot day



Add chopped tomatoes,
carrots, peppers and marrows
to mince and stews



Frozen vegetables
and fruit are as healthy as fresh



Small changes can make a big difference