



**EAT MORE  
VEGETABLES AND  
FRUIT EVERY DAY**



# PROTECT YOURSELF WITH VEGETABLES AND FRUIT

EATING MORE VEGETABLES AND FRUIT EVERY DAY CAN HELP PROTECT AGAINST DISEASE SUCH AS HEART DISEASE, STROKE, CANCER AND DIABETES BY:

Reducing  
blood pressure

Reducing  
cholesterol

Supporting  
weight  
management

Supporting  
blood sugar  
management

Promoting  
healthy  
cell growth

## EAT MORE VEGETABLES AND FRUIT THROUGH EVERY STAGE OF YOUR LIFE

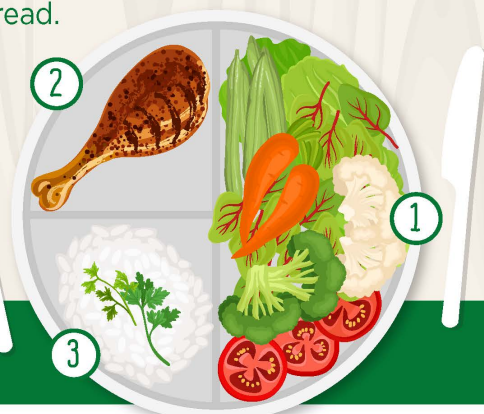


**FROM THE AGE OF 6 MONTHS ONWARDS,**  
in addition to breastmilk, your child will need different types of foods, and vegetables and fruit should form part of each meal starting with small amounts and building up to 5 small meals each day.

**CHOOSE FRESH OR FROZEN VEGETABLES AND FRUIT AS SNACKS.** Limit foods such as sweets, crisps, biscuits and sugary drinks.

## WHEN HAVING LUNCH OR DINNER, AIM FOR:

- ① Half a plate of vegetables and/or salad.
- ② A quarter plate of skinless chicken, baked or grilled fish, lean meat, eggs, cooked dry beans, split-peas or lentils.
- ③ A quarter plate of starchy food such as rice, samp, pap, potatoes, sweet potatoes or brown bread.



For more information visit  
[WWW.NUTRITIONWEEK.CO.ZA](http://WWW.NUTRITIONWEEK.CO.ZA)



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