

Your guide to Vegetables, salad and fruit

The foods on this shelf are low in calories and contain fibre which aids digestion. They provide many important vitamins and minerals.

Choose 5 to 7 servings a day.



Food Shelf Facts



The foods in this shelf can help control body weight as part of a healthy lifestyle and contain nutrients that protect against heart disease and cancer.



Enjoy a variety of coloured fruit and vegetables to benefit from the different minerals and vitamins each contains.



Oranges, strawberries or kiwifruit are rich in vitamin C which aids iron absorption.



Most fruit and vegetables are fat free.

What is one Serving?

1 serving size is:

Apple, orange, pear or banana	1
Plums, kiwis or mandarin oranges	2
Strawberries	6
Grapes	10
Raspberries	16
Cooked vegetables – fresh or frozen	½ cup
Salad – lettuce, tomato, cucumber	1 bowl
Homemade vegetable soup	1 bowl
Unsweetened fruit juice	150ml

Portion guide

Fill half your plate with vegetables, salads or fruit.



Healthy Eating Tips



Base your meals on vegetables, salad and fruit. Add salad vegetables to sandwiches.



Limit fruit juice to once a day with a meal and always choose unsweetened.



Choose fruit and raw vegetables such as chopped carrots as tasty, healthy snacks.



Add vegetables to stir-fries, stews and curries – the more vegetables the better.