



Charge through your day

with 2 fruit & 5 vegetables

ARE YOU EATING ENOUGH VEGETABLES?

Do you know

- colour is the clue to the amount of vitamin A in vegetables; dark green, yellow, red and orange fruit and vegetables are usually the best sources?
- vitamin C helps your body to absorb iron; another good reason to include vitamin C-rich vegetables and fruit with every meal?
- an adequate intake of vegetables may help to prevent constipation, overweight and some cancers and reduce the risk of heart disease and diabetes?

Do you:

- eat at least five serves of vegetables every day? (1 serve = 1 small potato, 2 rounded tablespoons of cooked vegetables or 1 cup of salad)
- eat a variety of vegetables every day?
- eat vegetables high in vitamin A like carrots and pumpkin every day?
- eat vegetables high in vitamin C like cabbage, tomatoes and spinach every day?
- eat a cruciferous vegetable such as cabbage, broccoli, cauliflower, turnips or brussel sprouts every other day?
- prepare and eat vegetables such as potatoes with the skin left on?

Try to include fruit and vegetables with every meal. For greatest health benefits eat at least two average sized pieces of fruit and five serves of vegetables every day.

Try this tasty vegetable recipe

Curried potatoes

(Serves 4)

1 teaspoon curry powder (or to taste)

4 medium sized potatoes, cut into quarters

1/2 onion, finely chopped

**1 cup cauliflower florets
1 cup chopped cabbage
1 cup peas** } or

3 cups of any vegetable of your choice.

Place potato and curry powder in a microwave-safe container. Cover and microwave on HIGH for 8-10 minutes. Add onion and cauliflower. Microwave on HIGH for 5 minutes. Add cabbage and peas. Microwave on HIGH further 5 minutes. Add water if necessary. Potatoes will become a little mushy when ready to serve. Serve hot.



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