



# NATIONAL NUTRITION WEEK

Only 7% of Australians are getting the recommended 5 serves of vegetables every day, making the humble veg the most under-consumed food group. Vegetables are full of flavour and are packed with important vitamins and minerals, disease-fighting antioxidants and gut-healthy fibre. National Nutrition Week (15th to 21st of October) encourages Australians to learn about making healthy food and lifestyle choices to improve their overall health.

## Eat More Veg!

The message could not be simpler! Whether they're fresh, canned or frozen, eating more vegetables is the number one thing we can all do for better health and wellbeing.

### 6 easy ways to increase your vegetables

**Start your day with veg.** Add veggies to your eggs, have baked beans on the side or throw a handful of baby spinach into your smoothies.

**Eat a rainbow.** Choose vegetables of every colour.

**Try something new.** Try a new vegetable, a new recipe, or try eating veggies in a way that you don't normally eat them.

**Add legumes to bulk up meals.** Throw a tin of kidney beans into your next mince based meal, chickpeas in a salad or make a lentil dahl.

**Make your own chips.** Slice beetroot, sweet potato, carrot and parsnip into thin discs, coat lightly in olive oil & sea salt and bake until crispy.

**Go meat-free one day a week.** Make veggies the hero of your meals!



Take note of the foundation layer of the healthy eating pyramid, composed of vegetables, legumes and fruit; around 70% of what we eat should come from this layer!

