

## **HEALTH TIPS**

OCTOBER 2017



Only 7% of Australians are getting the recommended 5 serves of vegetables every day, making the humble veg the most underconsumed 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.

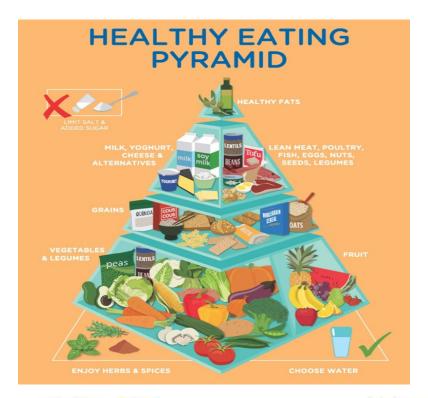
**Eat a rainbow.** Choose vegetables of every colour.

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 laver!

