

For great recipe ideas to vegup your meals go to our web site

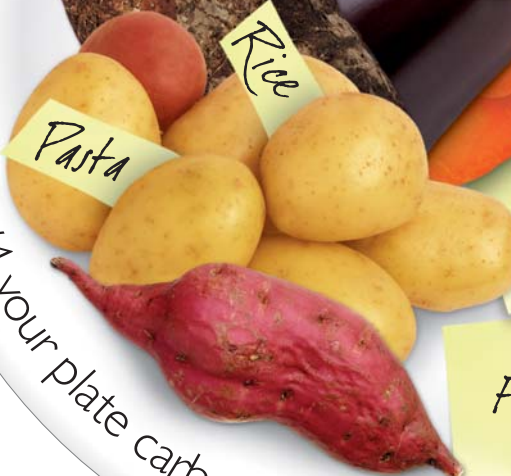
[vegetables.co.nz](http://vegetables.co.nz)



make 1/2 your plate vegetables



make 1/4 your plate carbohydrates



Pasta

Rice

Eggs

Chicken

Meat

Fish

make 1/4 your plate protein

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veg  
up

For a healthier meal load up family plates  
with vegetables. Aim for at least  
half the plate to be  
vegetables.