



vegetables
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make 1/2 your plate vegetables



Noodles

Pasta
(wholegrain)

Rice
(brown)

Bread
(wholegrain)

Eggs

Chicken

Meat
(lean)

Fish/
kaimoana

Legumes

Nuts and
seeds

make 1/4 your plate starch

make 1/4 your plate protein

Eat plenty of vegetables

for

healthy

brain, skin, eyes,
heart, digestion,
bones and joints

supporting

muscle function
and immunity



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For tasty recipes and ideas visit www.vegetables.co.nz