

Vegetable snacks 蔬菜零食好主意



Celery with peanut butter
花生醬西芹



Vegetable sticks with yoghurt
蔬菜條蘸酸奶

Vegetable smoothie
蔬果奶昔



Kumara with cottage cheese
烤紅薯芝士



Vegetable muffin
蔬菜鬆餅



Tomatoes
車厘子蕃茄

Family meals 家庭餐



Half of the food should be vegetables
儘量做得一半以上的餐食是蔬菜



Add colourful vegetables to this meal
請為此餐食 添菜添色添滋味

For information and more recipes visit



Po Box 10232, Wellington

Vegup

Have at least 3 servings of
vegetables every day
每天要吃三份以上的蔬菜

What is 1 serving?
一份是多少?

A serving is
一份是



A handful of vegetables or
你一個手掌可以握捧的份量或



½ bowl of cooked vegetables or
半碗煮熟的蔬菜或



1 bowl of raw vegetables
一碗生的沙律

Veg up your meals 添菜妙法

Congee
肉茸粥

Lettuce
生菜絲

Lettuce congee
生菜肉茸粥



Wrap
卷餅

Salad
各式沙律

Chicken salad roll
沙律雞絲卷餅



Sandwich
三文治

Tomato and Lettuce
蕃茄切片，生菜葉子

Salad and ham sandwich
沙律三文治



Add plenty of chopped carrot, daikon, potato and/or pumpkin to meat stews
燜燉菜脩多加胡蘿蔔、白蘿蔔、土豆或南瓜



Veg up your meals 添菜妙法

Stir fried rice
炒飯

Corn, peas and carrots
菜粒

Vegetable fried rice
三色炒飯



Barbecued pork
燒臘飯

Blanched vegetables
油菜

Barbecued pork and
Asian greens
油菜燒臘飯



Noodle soup
湯麵

Bean sprouts and grated carrot
豆芽胡蘿蔔絲

Bean sprouts and
carrot noodles
蛋菜湯麵



Slice bok choy and spring onions, grate carrot and chop spring onions, mix with a chilli dressing to make a slaw
白菜絲、蔥花、胡蘿蔔絲加上酸辣汁是很好的涼拌菜

