

WHAT'S ON YOUR PLATE?

VEGETABLES

Choose as many colours
as possible

1 serve = 1 cup leafy veg
or ½ cup cooked or
chopped veg

STARCH & WHOLEGRAINS

Rice, pasta, bread, bulgur, potato,
sweet potato

1 serve = ½ cup cooked pasta/rice,
1 slice of bread, or 1 small potato

PROTEIN

Lean meat, poultry, eggs, fish,
legumes

1 serve = 65g red meat, 80g
poultry, 100g fish,
2 eggs or 1 cup
legumes

MAKE WATER YOUR MAIN DRINK
INCLUDE HEALTHY PLANT-BASED FATS
