

Ways to eat more vegetables

Veggies bring a load of nutrients, fibre and health benefits to your meals. Fill half your plate with brightly coloured veg whenever you can.

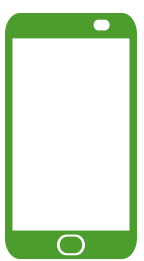
Plan and prep



Rethink veggies as the hero of your dish - not just a side.



Set yourself a challenge to try one new vegetable each week.



Download recipe apps like BBC Good Food or Yummly to find delicious veg recipes.



Always have quick, easy to prepare veg available for when you don't have energy to spend ages cooking.



Prep on the weekends to save yourself time and energy later in the week.

Eat the rainbow

- Different colours = different nutrients
- Choose a range of colours - red, green, orange, yellow, purple, brown and white

Meal ideas

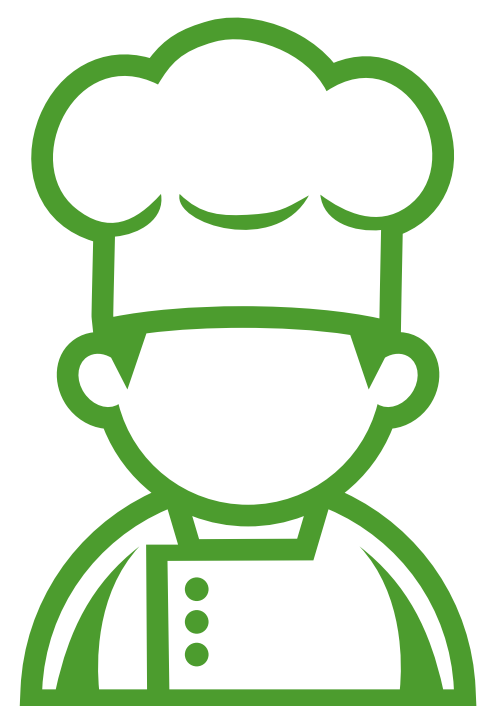
Grate, blend or finely chop veg to 'sneak' more veg into your meals.

Power up your mash by adding carrot, parsnip or kūmara for extra colour, flavour and nutrients.

Experiment with alternatives to rice and pasta, like cauliflower rice, black bean pasta or 'zoodles'.

Pack extra nutrients into your smoothies with a handful of baby spinach.

Use up leftover veg in a soup or breakfast frittata.



Snackify your veg

- Veggie sticks & hummus
- Celery & peanut butter
- Capsicum & sweet chilli sauce
- Kūmara 'fries'
- Corn on the cob