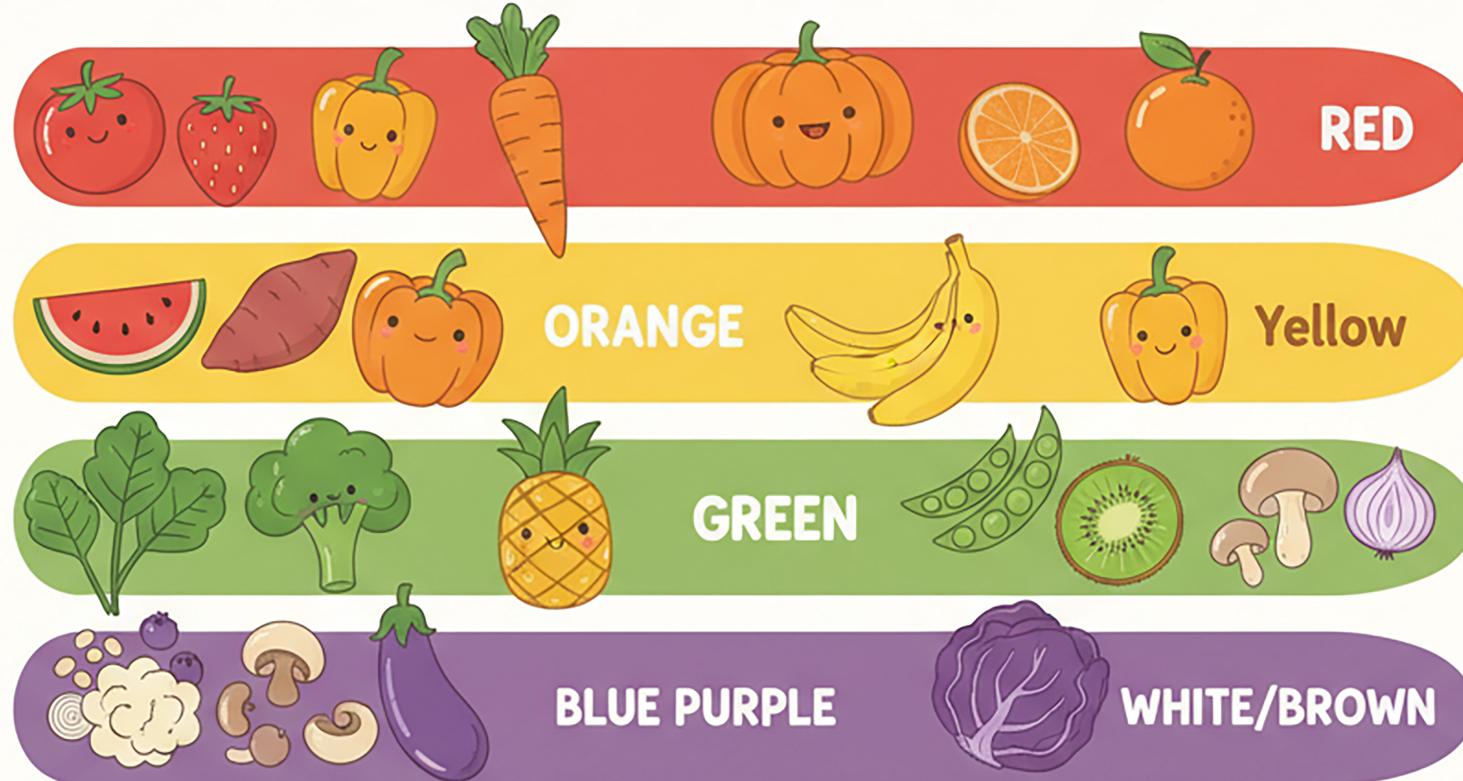


RAINBOW FOOD GUIDE FOR FAMILIES

Aim to enjoy a variety of colourful fruits and vegetables each day to support overall health and wellbeing.



What is a serving?

- 1/2 cup cooked vegetables
- 1/2 cup chopped raw vegetables or fruit
- 1 medium piece of fruit
- 1 cup leafy greens

Build a Rainbow Plate:

- Fill half your plate with colourful vegetables and fruit.
- Mix colours across meals and snacks.
- Add herbs, legumes and spices for extra plant diversity
- Encourage children to 'eat the rainbow' each day!

