

Nutrition Snippet

WHAT IS A SERVE?



½ cup of
cooked
vegetables

OR



½ medium
potato

OR



1 cup of
salad

**One serve of veges is about 75g or
1/2 a cup cooked or 1 cup raw.**

- Try weighing and measuring different veges to see how much you eat.
- Aim for 5 serves a day.

For vege recipes
and more visit:

healthyinbox.com.au



Cancer Council
Healthy Lunch Box