Did you know?

1 in 3 men and 1 in 4 women will be diagnosed with cancer before the age of 75 years.4

Specific cancers

Research shows that eating the right amount of fruit and veg, and maintaining a healthy body weight, is good for everyone’s health. It also reduces the risk of developing certain cancers:

• Eating fruit reduces the risk of lung cancer.5
• Eating fruit and veg strongly reduces the risk of stomach cancer.5
• Eating more fibre reduces the risk of bowel cancers.5
• Lowering your weight by just 5 per cent greatly reduces the risk of breast cancer.6

Eating well, being active and maintaining a healthy body weight can reduce your risk of cancer by up to 25%.1 In fact, behind not smoking, maintaining a healthy weight is the single most important way to prevent cancer.2

The vital mix of nutrients, vitamins, minerals and fibre in fruit and veg makes them one of the most important features of a healthy diet. Eating fruit and vegetables are essential to achieve and maintain a healthy weight because they are low in energy and high in fibre. It is estimated that 5 to 12% of all cancers could be prevented by eating the right amount of fruit and vegetables.2

In NSW an alarming 90 per cent of adults don’t eat enough vegetables, while 50 per cent don’t eat enough fruit.3

By eating the right amount of fruit and veg for your age (see next page) you’ll significantly reduce your risk of cancer and enjoy other benefits too:

• Keep your weight healthy
• Prevent constipation
• Reduce blood pressure and cholesterol
• Improve diabetes control

---

As an adult you need to eat at least five serves of vegetables and two serves of fruit every day for good health and to reduce your risk of cancer. If you’re a woman and breastfeeding you should top up your veg serves to seven and a half serves a day.

The number of serves for children varies according to age, appetite and activity levels, but whatever number of serves ‘1 serve’ is the same size for both adults and children.

How much is ‘1 serve’?
Here is a quick guide to help you remember serving sizes (the following pages will show you what a serve looks like for many of your favourite fruit and veg).

<table>
<thead>
<tr>
<th>Number of serves:</th>
<th>Veg</th>
<th>Fruit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adults</td>
<td>5+</td>
<td>2+</td>
</tr>
<tr>
<td>Breastfeeding women</td>
<td>7½</td>
<td>2</td>
</tr>
<tr>
<td>12-18 (boys)</td>
<td>5½</td>
<td>2</td>
</tr>
<tr>
<td>12-18 (girls)</td>
<td>5</td>
<td>2</td>
</tr>
<tr>
<td>9-11</td>
<td>5</td>
<td>2</td>
</tr>
<tr>
<td>4-8</td>
<td>4½</td>
<td>1½</td>
</tr>
<tr>
<td>2-3</td>
<td>2½</td>
<td>1</td>
</tr>
</tbody>
</table>

1 serve is 150 grams of fresh FRUIT or:
- 1 medium piece (e.g. apple)
- 2 small pieces (e.g. apricots)
- 1 cup chopped or canned fruit

1 serve is 75 grams of fresh VEG or:
- 1/2 cup cooked veg or legumes
- 1/2 medium potato
- 1 cup salad or veg

What does a ‘cup’ look like in real life?
People often ask what size a ‘cup’ is; we have printed these at actual size to help you compare with what you have at home.
Here’s how it breaks down into your favourite fruit and veg:

1 serve of Fruit is 150g or:
- Half a glass (125ml) 100% orange juice
- 1 wedge watermelon
- 1 medium banana
- 1½ tablespoons sultanas

1 serve of Veg is 75g or:
- 8 carrot sticks
- 6 cherry tomatoes
- ½ cup cooked peas
- ½ cup cooked beans
- 6 large strawberries
- 1 cup tinned peaches
- 1 cup raw mushrooms
- 1 cup fruit salad

Here’s how it breaks down into your favourite fruit and veg:

- 1 small bunch grapes
- 2 apricots
- 1 cup fruit salad
- 1 cup raw mushrooms
- ½ cup chickpeas
- 4 florets broccoli
- 1½ tablespoons sultanas
- 1 bok choy
- ½ cup corn kernels
- ½ medium potato
- 1 medium banana
- 1 small bunch grapes
- 2 apricots
- 1 cup fruit salad
- 1 cup raw mushrooms
- ½ cup chickpeas
- 4 florets broccoli
- 1½ tablespoons sultanas
- 1 bok choy
- ½ cup corn kernels
- ½ medium potato
- 1 cup salad
Does it have to be fresh fruit and vegetables?
No. Fresh, frozen, chilled, canned and dried fruit and vegetables all count toward your daily number of serves. If you eat canned veg the healthiest is ‘no added salt’ or ‘reduced salt’ and for fruit go for ‘natural juice’ not syrup.

Does juice count?
Half a glass (125ml) of 100% juice (fruit or vegetable) counts as one serve. But you can only count juice as one serve a day no matter how much you drink. This is because juice has very little fibre – if you do drink juice, try to limit your intake to half a glass (125ml) per day.

Can I eat two serves of my favourite fruit and five serves of my favourite vegetable?
To get the maximum health benefits you should eat several different types of fruit and veg in a day. This is because they all contain different combinations of vitamins, minerals and other essential nutrients – try to eat a rainbow of fruit and veg!
Get real value for money

This diagram shows how spending the week’s food money according to how much you need to eat of each kind of food to be healthy, also means getting the best value for money.

**Eat Least**
Spend least on foods that your body doesn’t need. These foods are high in fat, salt and/or sugar, like: chocolate, chips, biscuits, cordials, soft drinks, butter, margarine, oil, alcohol. They should be only rare treats. We suggest you only spend 10% of your food budget on these.

**Eat Moderately**
Spend a reasonable amount on foods you need in moderate amounts for good health: lean meat, skinless chicken, fish, eggs, cheese, yoghurt, milk, nuts. We suggest about 30% of the food budget be spent on these.

**Eat Most**
Spend most on foods that are best for you! These include wholegrain breads and cereals, fruit and vegetables. We recommend you spend 60% of the food budget on these; broken down to 40% on fruits and vegetables and 20% on bread, cereals, rice and pasta.

Fruit and veg are good for you and good value for money, especially when in season. Buy canned and frozen when they’re cheaper than the fresher varieties. And remember, processed fruit and veg snacks are much more expensive per kilo than fresh fruit, so go healthier and cheaper with some fresh fruit or veg.

*Fruit* snacks: $15 per kg
100% fruit: $4 per kg

© State of Western Australia 2012 reproduced with permission
People often think it’s expensive to eat a healthy diet, but it can actually be cheaper.

Recipe Modification

One way to bring down the cost of meals is to reduce the more expensive ingredients like meat, and add extra, cheaper ingredients like vegetables. This simple switch will make the meal better for you and your pocket.

A good rule to remember is that one main meal should contain no more than 100g of cooked meat/poultry/fish per person.

**Stretch your food dollar further**

**Spaghetti Bolognese**

Serves 4

**SAVE 10% = $1.02**

And enjoy 10 EXTRA SERVES OF VEG!
# Modified Family Favourite #2

**Chicken Stir-through sauce**

Serves 4

**Original**

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stir-through sauce</td>
<td>1 jar</td>
<td>$3.14</td>
</tr>
<tr>
<td>Chicken breast</td>
<td>500g</td>
<td>$5.74</td>
</tr>
<tr>
<td>Rice</td>
<td>1½ cups</td>
<td>$0.54</td>
</tr>
</tbody>
</table>

**Total** $9.42

**Modified**

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stir-through sauce</td>
<td>1 jar</td>
<td>$3.14</td>
</tr>
<tr>
<td>Chicken breast</td>
<td>250g</td>
<td>$2.87</td>
</tr>
<tr>
<td>Capsicum</td>
<td>100g</td>
<td>$0.79</td>
</tr>
<tr>
<td>Carrot</td>
<td>200g</td>
<td>$0.37</td>
</tr>
<tr>
<td>Baby spinach</td>
<td>40g</td>
<td>$0.68</td>
</tr>
<tr>
<td>Rice</td>
<td>1½ cups</td>
<td>$0.54</td>
</tr>
</tbody>
</table>

**Total** $8.39

**SAVE 10% = $1.03**

And enjoy 4 EXTRA SERVES OF VEG!

---

# Modified Family Favourite #3

**Chicken Curry**

Serves 4

**Original**

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken curry</td>
<td>400g</td>
<td>$7.19</td>
</tr>
<tr>
<td>Rice</td>
<td>1½ cups</td>
<td>$0.54</td>
</tr>
<tr>
<td>Canola oil</td>
<td>10ml</td>
<td>$0.03</td>
</tr>
<tr>
<td>Chicken stock</td>
<td>125ml</td>
<td>$0.11</td>
</tr>
<tr>
<td>Capsicum</td>
<td>220g</td>
<td>$1.75</td>
</tr>
<tr>
<td>Lemon rind</td>
<td>1 lemon</td>
<td>$0.98</td>
</tr>
<tr>
<td>Light Evap. milk</td>
<td>185ml</td>
<td>$1.92</td>
</tr>
</tbody>
</table>

**Total** $13.69

**Modified**

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken curry</td>
<td>400g</td>
<td>$3.60</td>
</tr>
<tr>
<td>Chicken thigh fillet</td>
<td>800g</td>
<td>$7.19</td>
</tr>
<tr>
<td>Onions</td>
<td>300g</td>
<td>$0.90</td>
</tr>
<tr>
<td>Green curry paste</td>
<td>15g</td>
<td>$0.27</td>
</tr>
<tr>
<td>Chicken stock</td>
<td>125ml</td>
<td>$0.11</td>
</tr>
<tr>
<td>Capsicum</td>
<td>220g</td>
<td>$1.75</td>
</tr>
<tr>
<td>Lemon rind</td>
<td>1 lemon</td>
<td>$0.98</td>
</tr>
<tr>
<td>Light Evap. milk</td>
<td>185ml</td>
<td>$1.92</td>
</tr>
<tr>
<td>Frozen spinach</td>
<td>250g</td>
<td>$0.99</td>
</tr>
<tr>
<td>Sweet potato</td>
<td>300g</td>
<td>$0.89</td>
</tr>
</tbody>
</table>

**Total** $11.98

**SAVE 23% = $1.71**

And enjoy 7 EXTRA SERVES OF VEG!

---

Prices current as at May 2013
Save money and improve your health

• Reduce the amount of mince in Bolognese sauce, Shepherd’s Pie, tacos and hamburger patties and bulk up with chopped/grated veggies like carrot, celery, zucchini or canned lentils and kidney beans.
• Use less meat on pizzas and boost with extra veggies like mushrooms, capsicum, onions, pumpkin, leftover roast veggies or fruit like pineapple.
• Veggies like capsicum, broccoli and snowpeas are great in stirfries, so take out some meat and add more veg.
• Turn a plain egg omelette into a vegie-packed one with mushrooms, tomatoes and baby spinach.
• Have veggies that are about to go bad? Add to some stock and make yourself a tasty vegie soup.
• Don’t forget legumes are veggies, too! Beans are a great way to get a serve of veggies in. Add red kidney beans, lima beans, split peas, lentils and barley to soups or casseroles.

Top shopping tips

• Plan your week’s menu in advance, and around specials whenever possible.
• Buy in season: fruit and veg that’s in season is 35% cheaper on average.
• Plan your meals: remember that meat is almost always more expensive per kilo than fruit and veg.
• Avoid packaged foods: they are always more expensive.
• Avoid pre-made snacks: give your family chopped fruit and veg for healthy morning/afternoon snacks instead of expensive packaged items like muesli bars, roll ups or chips.
• Compare products by kilo: i.e. a 250g pack of chopped mushrooms may cost $3.00, but that’s $12/kg compared to loose mushrooms at $6.99/kg.
• Avoid shopping when hungry: expensive and unhealthy food look like a quick fix when you’re hungry.
• Buy in bulk: if you’ve got the space and storage to prevent food going bad, this is a great way to save.
• Look out for bargains: buying marked down fruit and veg that’s still in good condition is a quick and easy win.
• Look for a fruit and veg delivery service: they’re often cheaper than supermarkets and offer fresher produce.
Buy at the right time for maximum flavour and value for money

Buying fruit and veg in season can be 35% cheaper than other times of year. Use this guide to help you plan the best bang for your fruit and veg bucks!

<table>
<thead>
<tr>
<th>WINTER</th>
<th>SPRING</th>
<th>SUMMER</th>
<th>AUTUMN</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>FRUIT</strong></td>
<td><strong>FRUIT</strong></td>
<td><strong>VEGETABLES</strong></td>
<td><strong>FRUIT</strong></td>
</tr>
<tr>
<td>June, July &amp; August</td>
<td>September, October &amp; November</td>
<td>December, January &amp; February</td>
<td>March, April &amp; May</td>
</tr>
<tr>
<td>Apples</td>
<td>Apple</td>
<td>Apricots</td>
<td>Apples</td>
</tr>
<tr>
<td>Red Delicious</td>
<td>Lady Williams</td>
<td>Bananas</td>
<td>Red Delicious</td>
</tr>
<tr>
<td>Granny Smith</td>
<td>Red Delicious</td>
<td>Bananas</td>
<td>Granny Smith</td>
</tr>
<tr>
<td>Avocado</td>
<td>Grapefruit</td>
<td>Blueberries</td>
<td>Avocados</td>
</tr>
<tr>
<td>Custard Apples</td>
<td>Asparagus</td>
<td>Blackberries</td>
<td>Bananas</td>
</tr>
<tr>
<td>Grapefruit</td>
<td>Lemons</td>
<td>Cherries</td>
<td>Custard Apples</td>
</tr>
<tr>
<td>Kwifruit</td>
<td>Mandarinis</td>
<td>Figs</td>
<td>Figs</td>
</tr>
<tr>
<td>Lemons</td>
<td>Melon – Rockmelon</td>
<td>Grapes</td>
<td>Grapes</td>
</tr>
<tr>
<td>Limes</td>
<td>Oranges – Blood</td>
<td>Grapefruit</td>
<td>Grapefruit</td>
</tr>
<tr>
<td>Mandarinis</td>
<td>Sweet, Valencia</td>
<td>Lychees</td>
<td>Kwifruit</td>
</tr>
<tr>
<td>Melon – Honeymelon</td>
<td>Lettuce/Salad mix</td>
<td>Melons</td>
<td>Mandarinis – Imperial</td>
</tr>
<tr>
<td>Nashi</td>
<td>Mushrooms</td>
<td>Nectarines</td>
<td>Nashi</td>
</tr>
<tr>
<td>Orange – Navel</td>
<td>Onions</td>
<td>Orange – Valencia</td>
<td>Orange – Valencia</td>
</tr>
<tr>
<td>Passionfruit</td>
<td>Peas – Garden</td>
<td>Passionfruit</td>
<td>Passionfruit</td>
</tr>
<tr>
<td>Pears</td>
<td>Peas – Snow, Sugarsnap</td>
<td>Pears</td>
<td>Pears</td>
</tr>
<tr>
<td>Rhubarb</td>
<td>Potatoes</td>
<td>Peaches</td>
<td>Plums</td>
</tr>
<tr>
<td>Tangelos</td>
<td>Pumpkins</td>
<td>Pineapple</td>
<td>Persimmons</td>
</tr>
<tr>
<td></td>
<td>Silverbeet</td>
<td>Plums</td>
<td>Pomegranates</td>
</tr>
<tr>
<td></td>
<td>Spinach</td>
<td>Raspberry</td>
<td>Tamarillos</td>
</tr>
<tr>
<td></td>
<td>Swedes</td>
<td>Strawberries</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sweet Potatoes</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Tomatoes</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Witlof</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Zucchinis</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Artichokes – Jerusalem*
*Beans – Green*
*Beetroot*
*Bok Choy (Pok Choy)*
*Broccoli*
*Brussels Sprouts*
*Cabbage – Chinese*
*Capsicums*
*Carrots*
*Cauliflowers*
*Celery*
*Eggplants*
*Leeks*
*Lettuce/Salad mix*
*Mushrooms*
*Onions*
*Peas – Garden, Sugarsnap*
*Pumpkins*
*Potatoes*
*Silverbeet*
*Spinach*
*Tomatoes*
*Watercress*
*Zucchinis*
Get your kids eating more fruit & veg

As a parent you do your best to guide your children in their eating habits by giving healthy options, but in the end it’s them who chooses what and how much they will eat.

If you’ve got fussy eaters in your family here are the four main strategies you can use to get them eating – and enjoying – more fruit and veg.

Involvement

• Involve your child in preparing meals: as much as possible let them choose the fruit and veg they prefer – children are more likely to eat something they’ve helped create.
• Take your child shopping: let them see, smell and feel the fruit and veg with you.
• Plant some vegetables or herbs: seeing plants grow makes them much more interesting to eat!

Presentation

• Eat a rainbow: different fruits and veg make meals look more attractive.
• Chop fruit and veg into smaller pieces: it’s been found that kids prefer little pieces of food.
• Offer raw sticks of carrot, capsicum, celery or cucumber with a dip: some children prefer raw vegetables to cooked.
• Give small portions: too much food on a plate can overwhelm a child.
• Add fruit at brekky: chopped banana or stewed apple are great with cereal or porridge.
• Serve salad veg at lunch: add baby spinach, tomato, carrot and cucumber
**Disguise**

- **Grate vegies into meat dishes**: Bolognese sauce, meat patties, meatballs, Shepherds pie and tacos all taste great with extra veg, and your kids won’t know.
- **Add chopped vegies**: they’re delicious in quiches and omelettes.
- **Blend vegies into sauces**: they’ll go un-noticed and won’t be picked out of the meal.
- **Add extra vegies**: mushrooms, capsicum and pineapple are great on pizzas.
- **Add in other root veg to mashed potato**: pumpkin and sweet potato are favourites.

**Perseverance**

- **Stay positive**: offering fruit and veg in an easy-going way keeps the association happy.
- **Do not react**: when your child refuses to eat, responding calmly sends the message that they cannot use food to seek attention.
- **Be consistent**: if you give in on some occasions and not others it can become confusing for a child.
- **Keep on serving it**: research shows that children need to be given a new food an average of eight times (and sometimes a lot more!) before they will accept it.
- **Be a good role model**: children copy what their parents and older siblings do, so if they see you eating more fruit and veg they are more likely to eat them too.
- **Keep it interesting**: offer new foods alongside familiar ones.
- **Eat together as a family**: if meals become social occasions for kids, with everyone listening and the TV off, the focus is on talking and eating.
- **Praise your child for trying new foods**: offer small rewards and praise for doing so.
- **Try a behaviour chart**: some children respond well to a behaviour chart that rewards trying new foods or eating more fruits & veg. All rewards should be worked out in advance and should be realistic and motivating.

We have given you a starter chart in the pocket of this book, and you can download one at eatittobeatit.com.au
Snacks are an important part of a healthy diet for active children. There’s a huge variety of easy, fun, nutritious snacks to try that will help you and your kids reach your daily target of fruit and veg. Here’s some ideas!

**Vegie Snacks**

- **Vegie toastie:** get a slice of toast, or half a toasted English muffin, and top with cooked mushrooms, baked beans or creamed corn.
- **Homemade pizza muffins:** halve an English muffin and top with pizza sauce/tomato paste, capsicum, corn and cheese and place under the grill. Serve hot or cold.
- **Corn on the cob:** cook corn and lightly season with pepper, herbs or spices.
- **Homemade potato chips:** microwave or boil potato first until just cooked, then brush with oil and place under the grill or oven. Try sweet potato chips cooked the same way for a change.
- **Raw vegie sticks with homemade or shop bought dip:** try carrot, capsicum, celery, cucumber and snow peas with hummus or tomato salsa.
- **Celery boats:** fill sticks with low fat cottage cheese and sultanas dotted on top.
- **Vegie soup:** a good hot mug of vegetable soup, homemade from leftover veg, or bought.
- **Breadless sandwiches:** cucumber slices ‘sandwiched’ together with low fat cream cheese.
- **Mini veg bag:** snap-lock bags of cherry tomatoes, carrot sticks and capsicum strips.
- **Quick bruschetta:** top a slice of toasted bread stick with diced tomato and a basil leaf. Optional additions include red onion, balsamic vinegar and feta or parmesan cheese.
- **Pumpkin scones:** add 1 cup of boiled, mashed pumpkin to a scone mix. If the mixture is too wet, add a little extra flour to ensure the correct consistency of the dough.
- **Vegie pancakes:** mix creamed corn, grated zucchini or grated carrot into pikelet batter before cooking. Serve warm or cold.
- **Rice paper rolls:** make with shredded lettuce, grated carrot, shredded cooked chicken and sprouts.

**Fruit Snacks**

- **Bite sized fruit-platter:** kids will eat more fruit if it’s easy to eat. Serve it in a cup for something different.
- **Fruit smoothie:** blend a combination of reduced fat yoghurt, frozen fruit and reduced fat milk.
- **Pineapple frozen paddle pops:** thread wedges onto a stick and freeze.
- **Frozen treats:** simply freeze grapes, strawberries or orange quarters.
- **Quick apple crumble:** add stewed apple to muesli.
- **Fruity pancakes:** mix canned or frozen fruit (such as berries, cherries or peaches) into pikelet batter before cooking. Serve warm or cold.
- **Fresh fruit yoghurt:** blend chopped fruit with yoghurt.
- **Poppetana:** place unsalted popcorn, dried apple and sultanas in a snap-lock bag for a great nibble mix.
- **Strawberries & cream:** slice strawberries in a cup with a dollop of yoghurt.
- **Apple cinnamon muffin:** stir grated apple, a sprinkle of cinnamon and bran into a low fat muffin mix. Visit eatittobeatit.com.au for more tasty muffin recipes.
- **Fruity frappes:** blend watermelon, berries or peaches with ice.
Plan your weekly menu

Planning ahead is a great way to make sure the family is getting enough fruit and veg. It can also save you lots of time during the week and make sure you get value for money.

Here's a typical healthy meal plan as an example, and we’ve put a blank Family Menu Planner in the pocket for you.

Download more blank planners at eattitobeatit.com.au where you can also find recipes for any meals shown in italics.

Numbers in brackets = number of serves of fruit/vegetables

<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>Weet-Bix with milk &amp;</td>
<td>Toast with margarine</td>
<td>Weet-Bix with milk &amp;</td>
<td>Weet-Bix with milk &amp;</td>
<td>Porridge with 1/2 cup</td>
<td>Toast with poached</td>
<td></td>
</tr>
<tr>
<td></td>
<td>sliced banana (1/2)</td>
<td>and vegetable</td>
<td>1 cup tinned Two Fruits (1)</td>
<td>1/2 cup strawberries (1/2)</td>
<td>tinned peaches (1/2)</td>
<td>egg and 1/2 cooked</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>tomato (1)</td>
<td></td>
</tr>
<tr>
<td><strong>Snack</strong></td>
<td>Carrot sticks (1) with</td>
<td>Pear and banana</td>
<td>Orange (1)</td>
<td>Vegie pancake – mix</td>
<td>2 x plums</td>
<td>Half a toasted English</td>
<td></td>
</tr>
<tr>
<td></td>
<td>cucumber dip (1/2)</td>
<td>muffin (1/8)</td>
<td></td>
<td>creamed corn, grated</td>
<td></td>
<td>muffin with a small can</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>zucchini or grated</td>
<td></td>
<td>of baked beans (1)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>carrot into pikelet</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>batter before cooking (1/4)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td>Tortilla wrap with</td>
<td>Wholemeal sandwich</td>
<td>Lavash wrap with ham</td>
<td>Tuna salad (1) with</td>
<td>Sandwich with tuna,</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>lettuce, tomato, red</td>
<td>with light cream</td>
<td>and 1 cup salad (1)</td>
<td>feta cheese + slice</td>
<td>chicken, lettuce (1/4),</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>onion, cucumber and</td>
<td>cheese, grated carrot</td>
<td>Cheese triangle</td>
<td>bread</td>
<td>tomato (1/4),</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>cheese (1)</td>
<td>(1/2), cucumber (1/4),</td>
<td></td>
<td></td>
<td>mayonnaise and</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Sultanas (1) Apple (1)</td>
<td></td>
<td></td>
<td>lettuce (1/4)</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Snack</strong></td>
<td>Raisin toast, Glass of</td>
<td>Yoghurt, Water</td>
<td>Banana toastie (1/2)</td>
<td>Rice cake with cottage</td>
<td>Fruit scone (1/4),</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>milk</td>
<td></td>
<td>and strawberry</td>
<td>cheese and sliced</td>
<td>Celery sticks (1/2) with</td>
<td>Fruity ice treat</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>smoothie (1/2)</td>
<td>tomato (1/2)</td>
<td>avocado dip (11/2)</td>
<td>(ice block) (1)</td>
<td></td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
<td>Vegie spring rolls (1</td>
<td>Fast fish medley (3 1/4),</td>
<td>Easy beef hotpot (3),</td>
<td>Vegie lasagne (3 1/2),</td>
<td>Chicken and vegie pie</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1/2), 1/2 cup beans</td>
<td>1/4), 1/2 cup cooked</td>
<td>1/2 cup green beans (1)</td>
<td>1 cup green salad (1),</td>
<td>(2 1/2), mashed potato (1),</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>(1), 1/2 cup carrots (1),</td>
<td>carrots (1)</td>
<td></td>
<td>1 plum (1/2)</td>
<td>Apricot strudel (1)</td>
<td>Lambs shank casserole</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Baked apple (1 3/4)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>(4), 1/2 cup cooked</td>
<td></td>
</tr>
</tbody>
</table>

Fruit and vegetable checklist:
- Are two pieces of fruit included daily for each person?
- Are 5 serves of vegetables included daily for each person?
- Is there a minimum of 6 different vegetables served per week (including salad)?
- Are the foods offered in season and readily available?

eatittobeatit.com.au