

# Just add fruit & veg

## ...to your dinner

90% of Victorians do not meet the recommended daily intake of vegetables and only half eat enough fruit. Here are ideas for boosting your intake at dinner...

## Take-away dinner

- Having take-away roast chicken for dinner? Add a take-away salad or get the kids to help make up a salad or cooked veggies at home.
- Buying take-away at a show or sporting event? Try a hamburger or souvlaki packed with salad instead of a pie, pastie or hotdog.

## Tips

- Corn on the cob or a baked potato with lots of veggie toppings are good take-away options.
- Instead of take-away chips, make your own lower fat chips! Chop **potatoes** and **sweet potato** into wedges. Line baking trays with baking paper. Spread wedges out on trays and brush with canola oil. Bake for 30 minutes at 200°C or until golden.

For other great ways to use seasonal produce: [www.marketfresh.com.au](http://www.marketfresh.com.au)



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Here are ideas for dinner to help you meet the daily recommendations of 2 serves of fruit and 5 serves of vegetables...

### Eating out for dinner

- Having steak or fish at the pub for dinner? Ask for salad or mixed veggies on the side, and swap your chips for a baked **potato**.
- A fan of lasagne? Look out for interesting varieties on the menu that include vegetables.
- Ordering Chinese? Choose meat, chicken or seafood dishes that include vegetables, or ask for mixed vegetables to be added in!

### Tips

- Vegetable soups (such as minestrone or pumpkin) and salads are good options to order either as an entrée or main.
- Teaching kids healthy eating habits can be done at home and also when eating out. Help and encourage them to order tasty meals that include salad, vegetables or fruit.

For more healthy meal and snack ideas: [www.heartfoundation.org.au](http://www.heartfoundation.org.au)



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