

Just add fruit & veg



...to your lunch

The 'Go for your life' Just Add Fruit & Veg campaign gives you quick, easy and affordable ways to just add fruit and vegetables to the meals you are already preparing. Here are some lunch ideas...

Weekend lunch

- Having a ham and cheese toastie as a winter warmer? Just add some **spinach leaves** and raw **mushrooms** and toast away.
- Are BBQ's popular at your local sports club? Ask organisers to offer some **tomato** and cooked **onion** to add to your meal. Chunky vegie pieces added to meat kebab sticks are great too.

Tips

- Microwave a potato wrapped in paper towel for 5 minutes, then add vegie toppings like chopped red cabbage and broccoli with hommus.
- Munch on an apple, pear or navel orange after lunch — they are great value for money during the autumn/winter months.

For other great ways to use seasonal produce: www.marketfresh.com.au



Call 1300 73 98 99
goforyourlife.vic.gov.au

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Making lunches healthier is as simple as 'Just Add Fruit & Veg'.

Eating lunch out

- Enjoy Italian meals at lunch? Choose pasta dishes with **tomato** and veggie based sauces. Or try thin crust pizzas with veggie toppings.
- What about an Asian lunch? Go for dishes with lots of vegetables – Asian greens such as **bok choy** and **Chinese broccoli** are delicious!
- Grabbing a burger or sandwich? Ask for extra salad or roast vegies to be added to your chosen filling.

Tips

- Try to make at least one third of your meal salad or vegetables. Finish off with a fresh fruit salad.
- Boost your daily vitamin and mineral intake with fresh fruit rather than fruit juice. Fruit juices contain a similar amount of sugar and kilojoules to soft drinks, and less fibre than fresh fruit.

For more healthy meal and snack ideas:

www.heartfoundation.org.au



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