



# 8 TIPS

## How to Get the Most

# VEG IN ONE MEAL

### 1 STIR-FRY YOUR VEGETABLES

Stir-frying is quick, easy and helps lock in nutrients and flavour. Use a variety of colours and textures.



### 2 ADD SOUP TO YOUR MEAL

A vegetable soup makes a warm, nourishing and easy way to add more veg.



### 3 BUILD A BIG, COLOURFUL SALAD

Fill half your plate with mixed salad vegetables for maximum nutrients, fibre and crunch.



### 4 ADD MIXED SEEDS & NUTS

Sprinkle seeds and nuts on top for extra crunch, healthy fats and more nutrients.



### 5 ROAST A VARIETY OF VEGETABLES

Roasting brings out natural sweetness and adds depth of flavour.



### 6 ADD VEG TO EVERY LAYER

Add vegetables to your base, protein, sauce or filling to boost veg in every bite!



### 7 BLEND VEG INTO SAUCES & DIPS

Add veggies like carrot, zucchini, pumpkin or capsicum to sauces, dips and dressings.



### 8 THINK COLOUR, TEXTURE & VARIETY

The more colours and textures you include, the more nutrients and flavour you'll get!



## Eat the Rainbow!

Aim to include at least three different vegetables with every meal. Different colours provide different nutrients and plant compounds that help support a diverse and healthy microbiome and overall wellbeing.

