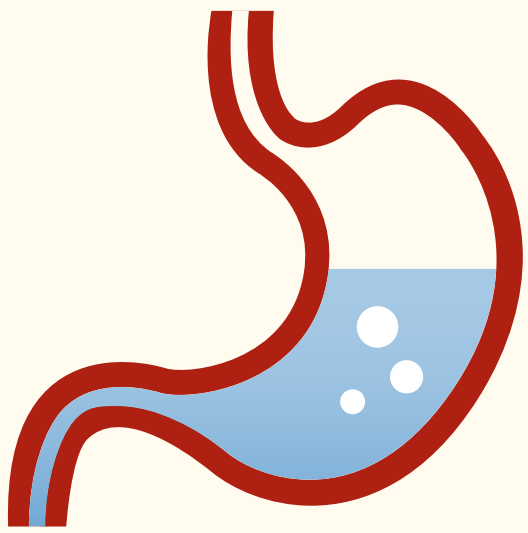


ARE YOU EATING ENOUGH PLANTS?

5 TO 7 SERVINGS OF FRUIT AND VEGGIES PER DAY

A serving is roughly the size of your fist for fruit and raw veg, or half of that cooked.



FIBRE = FULLNESS

Fibre found in fruit and veg is good for filling us up during meals and staying full after meals.

INCLUDE PLANTS IN EVERY MEAL

Add some banana to brekkie or carrots to afternoon tea to add some fruit & veg in at frequently forgotten meals for plants.



30+ FOR HEALTHY GUTS

Variety is important to getting all the vitamins and minerals you need as well as feeding your healthy gut bacteria.

