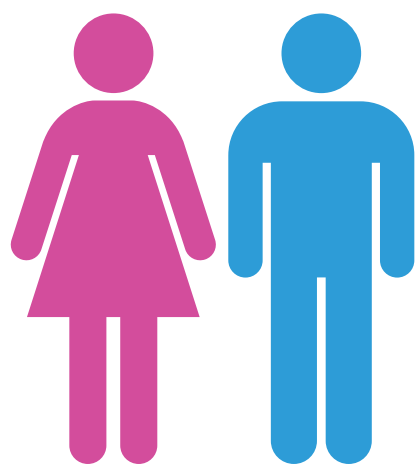


VU CHEW Program

(Cooking, Healthy Eating, and Wellness)

Vegetables

How much do you need each day?



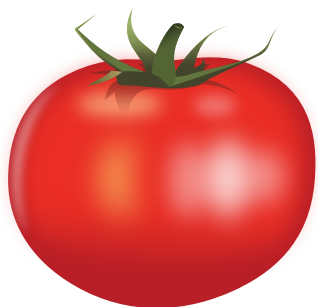
5-6 serves

**Fibre, vitamins
& minerals**

What does one serve of vegetables look like?



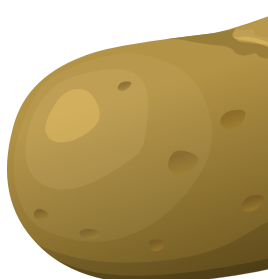
1/2 cup dried or canned beans, peas
or legumes



1 medium tomato



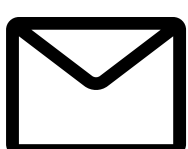
1 cup leafy vegetables



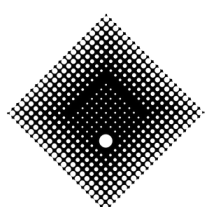
1/2 potato



1 cup corn



contact Monica for more information monica.wellington@vu.edu.au



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WESTERN VICTORIA
An Australian Government Initiative

Supporting People with an Intellectual
Disability to Access Health (SPIDAH)

