

Yes, I may be a little
sour sometimes. But my
vitamins can give you
glowing skin and
good eyesight.



What's on your plate?

Eat a balanced meal of quarter plate wholegrains, quarter plate meat and others, and half plate fruit and vegetables.

**EAT 2 SERVINGS
OF FRUIT AND
VEGETABLES DAILY**

HONEST-TO-GOODNESS

I may be difficult
because of my thick skin.
But my **vitamins**
can help
fight the flu
from within.



What's on your plate?

Eat a balanced meal of quarter plate wholegrains, quarter plate meat and others, and half plate fruit and vegetables.

EAT 2 SERVINGS
OF FRUIT AND
VEGETABLES DAILY

HONEST-TO-GOODNESS

I'm not trendy like
kale and a little bitter
about it. But my
low-cal fibre
can keep you **trim.**



What's on your plate?

Eat a balanced meal of quarter plate wholegrains, quarter plate meat and others, and half plate fruit and vegetables.

EAT 2 SERVINGS
OF FRUIT AND
VEGETABLES DAILY
HONEST-TO-GOODNESS

I have purple skin
and mushy flesh. But my
antioxidants
can help you
stay alert
and think fresh.



What's on your plate?

Eat a balanced meal of quarter plate wholegrains, quarter plate meat and others, and half plate fruit and vegetables.

**EAT 2 SERVINGS
OF FRUIT AND
VEGETABLES DAILY**
HONEST-TO-GOODNESS

There are many interesting ways to make **fruit and vegetables** a tasty delight! Try out some of these ideas with your family this week!

SHAKE UP THE TASTE



Eat veggies with a healthier dip or dressing

Vegetable sticks will taste great with a low-fat salad dressing. Pick condiments that are labelled HCS as they are lower in fat and sodium. Enhance the best of your salad with low-fat condiments!



Make a colourful salad

Mix fruit and vegetables of different colours to make an appetising and nutritious salad. Add in nuts and seeds for added crunch.



Vary cooking methods and flavours

Vegetables may taste more flavourful when cooked other way. For example, oven-roasted carrots, cauliflower and broccoli would please your palate more than steamed ones. Herbs and spices such as garlic, pepper, chilli and rosemary can also help boost the flavour. For example, try oven-roasting your carrots, cauliflower and broccoli and mix them up with exciting herbs spices such as garlic powder, pepper, chilli flakes or rosemary!



Cook veggies with meat dishes and stews

This lets the vegetables absorb the meaty flavours, enhancing their taste. Vegetables such as carrots, tomatoes, and radish can also add a sweetness to your stews. Enhance the taste of your dishes by including vegetables so that they absorb meaty flavours!



Choose meat dishes containing vegetables

When eating out, choose dishes that have vegetables mixed with meat dishes. This makes your meal more nutritious and tasty.

