



Eat Brighter, LiveLighter - Buy more colour EAT BETTER!

It's no secret that eating fruit and vegies is good for you. But did you know that only about 1 in 20 of us are eating enough?

When you think of fruit and vegetables, think colour instead. The more colour you add to your meal, the healthier you will be.

Adults should aim for at least 2 serves of fruit, and 5 serves of veg every day. That can be a lofty goal, so we suggest focusing on adding JUST ONE MORE SERVE each day. Here are some tips to plate up more colour every day:

Eat more

- » Chop up vegie sticks and store in the fridge for a snack that's easy to grab
- » Supermarkets have some healthy ready-to-eat lunches and snacks e.g. Side salads, pre-cut vegie sticks or fruits

Cook More

- » Trial meat-free Mondays
- » Have vegies at breakfast! Smashed, avocado, baked beans and grilled mushrooms
- » Base desserts on fruit

Buy More

- » Canned, dried and frozen fruit and vegetables
- » Try a new fruit or vegetable each week
- » Replace one packet snack with fresh fruit next shop

On-the-go

- » Choose colourful rolls, wraps and sandwiches
- » Choose fruit flavours of muffins
- » Add extra to your toastie or sandwich – think beetroot, pineapple or leafy salad
- » Frittata and quiches often have plenty of vegies inside
- » Simple snacks – strawberries, carrots and cherry tomatoes

Change focus

Instead a meal being all about the meat with a salad on the side, switch your focus and make vegies the main event. Experiment and make it interesting – salads don't have to be boring!



What's in a serve?

Fruit



Vegetables



Toast Toppers

Take some inspo from our colourful fruit and vegie toast toppers. They're great for breakfast or a hearty snack.



Prep Time: 5 min

Cook time: 0 mins | Serves: 1



There are lots of great toast topper combos you can try, that are super easy, healthy and best of all TASTY! Just grab yourself a slice of wholegrain or multigrain bread, toast and top. Here are a few of our favourites:

- » Avocado, rocket, tomato, boiled egg and tobasco
- » Reduced fat ricotta or low fat cottage cheese, banana, strawberry and blueberries
- » Reduced salt corn kernals, lebanese cucumber, fresh coriander, red onion and no added salt red kidney beans
- » Low fat natural or Greek yoghurt and mango
- » Tomato, spring onion, reduced fat ricotta or low fat cottage cheese and basil pesto
- » Avocado, tomato and basil leaves

Find these and more great recipes at <https://livelighter.com.au/Recipe>



What are the benefits of eating more fruit and veg?

- » Healthy guts and happy poos
- » Save money at the supermarket (vegies and legumes are cheaper than meat!)
- » Reduce your risk of a range of cancers
- » Help with weight loss and maintenance