

TRY IT YOURSELF

Vegetables

Now that we have given you some ideas, why not give it a go with your own meals. Try writing down 5 things you would normally eat in the left-hand column and then add some ideas to increase the number and diversity of vegetables you could eat in the right-hand column. Then, try implementing one of these new swaps each week. It's as simple as one small change each week and you are one step closer to a healthier version of you!

WHAT DO I
NORMALLY EAT?

WHAT COULD I SWAP THIS FOR
TO INCREASE THE NUMBER
AND VARIETY OF VEG I EAT?

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