

LIFE'S GOOD: VEGETABLES

# what is a serve?

a standard serve is about 15g (100-350kj) or:



**½ cup** cooked green or orange vegetables (for example, broccoli, spinach, carrots or pumpkin)

---

**½ cup** chopped raw vegetables

---

**½ cup** cooked dried or canned beans, peas or lentils (preferably with no added salt)

---

**1 cup** green leafy or raw salad vegetables

---

**½ cup** sweet corn

---

**½ medium** potato or other starchy vegetables (sweet potato, taro or cassava)

---

**1 medium** tomato

---

