



# Step 06 Include plenty of vegetables in your meals & snacks

Your mother was right when she said you should eat your vegetables

**They are SO IMPORTANT for health and healthy weight**

- ✓ Contain antioxidants to boost your immune system
- ✓ Low in kilojoules – help keep you full without promoting weight gain
- ✓ Contain fibre, vitamins and minerals to help you stay well

Boost your vegetable intake:

- ✓ Add fruit and vegetables to every meal and snack
- ✓ Add vegetables to curries, stir fries, boil-ups, chop suey, casseroles and stews. Aim for twice as much vegetables as meat. The stir-fry recipe is a good example
- ✓ Chop finely or grate and add to hamburgers, meat loaf, meat balls or rissoles
- ✓ Add to platters. Try tomatoes, cucumber, gherkins, carrots, celery, peppers and mushrooms
- ✓ Cook extra vegetables at night and use them the next day. They are great as salads, in a wrap, or on top of pizzas
- ✓ Add to soups

## Recipe: Easy stir-fry

See [www.appetiteforlife.org.nz/recipes](http://www.appetiteforlife.org.nz/recipes) for more tasty and healthy food ideas.

### Ingredients

1 tablespoons oil e.g. canola, sunflower  
 500g lean chicken, beef, pork or tofu  
 4 cups vegetables (carrot, broccoli, cabbage, mushrooms, bean sprouts, red and green pepper) cut into bite-sized pieces  
 2 tablespoons water

### Sauce

2 tablespoons soy sauce (salt reduced)  
 1 tablespoon cornflour  
 ¼ cup water  
 2 tablespoons sweet chilli sauce

### Method

Heat a wok or large frying pan and add 1 teaspoon of the oil Stir-fry half of the meat until the pink colour has gone, set aside. Repeat with remaining meat. Wipe out wok, add remaining oil and heat.

Add vegetables, stir fry for a couple of minutes then add the water. Cover and steam for a few minutes until vegetables are just cooked but still crunchy. Mix sauce ingredients together and add to the vegetables with the meat. Stir-fry until liquid thickens. Serve with rice.





## How much and what kinds of vegetables?



- Aim for 3+ servings a day - more is better
- Go for variety - different colours ensure you get the vitamins and antioxidants you need to stay well

### Vegetables you can eat FREELY



### Starchy Vegetables - to eat in *SMALLER* quantities



**What about tinned vegetables?** Tinned vegetables can be used to add variety to meals and salads. Choose low salt options.

My goals for including more vegetables:
