



FRUIT AND VEG!

What's a Serve?


One serve of FRUIT is 150 grams of fresh fruit or:


1 medium apple  or

2 small pieces (apricots)  or

1 cup chopped fruit 

One serve of VEGETABLES is 75 grams or:

½ cup cooked vegetables or legumes  or

1 medium potato  or

1 cup salad 