

What does a **serve** of
vegetables look like?



**1 serve of vegetables
could look like 75g or**



1 cup of leafy salad
or raw vegetables

It can also look like



1 serve of vegetables could look like



1/2 cup of legumes



1/2 cup of frozen vegetables



1/2 cup of cooked vegetables



1/2 cup of corn



It can also look
like...





1 serve of vegetables could look like

1 medium tomato



a fist size
portion



or 1/2 medium
potato

