Vegetable snacks 蔬菜零食好主意

Vegetable sticks with yoghurt 蔬菜條蘸酸奶



Celery with peanut butter 花生醬西芹



Vegetable smoothie 蔬果奶昔



Kumara with cottage cheese 烤紅薯芝士



Vegetable muffin 蔬菜鬆餅

Tomatoes 車喱子蕃茄



Family meals 家庭餐



Half of the food should be vegetables 儘量做得一半以上的餐食是蔬菜



Add colourful vegetables to this meal 请为此餐食 添菜添色添滋味

For information and more recipes visit





Po Box 10232, Wellington

Vegup

Have at least 3 servings of vegetables every day 每天要吃三份以上的蔬菜 What is 1 serving?

一份是多少? A serving is

A serving is 一份是



A handful of vegetables or 你一個手掌可以握捧的份量或



½ bowl of cooked vegetables or 半碗煮熟的蔬菜或

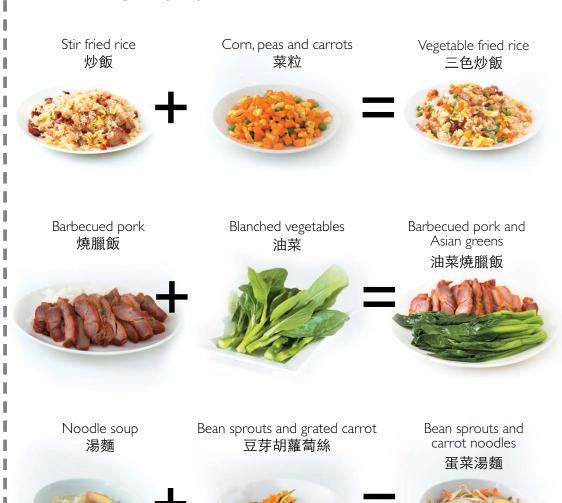


1 bowl of raw vegetables 一碗生的沙律

Veg up your meals 添菜妙法



Veg up your meals 添菜妙法





Slice bok choy and spring onions, grate carrot and chop spring onions, mix with a chilli dressing to make a slaw 白菜絲、蔥花、胡蘿蔔絲加上酸辣汁是很好的涼拌菜