

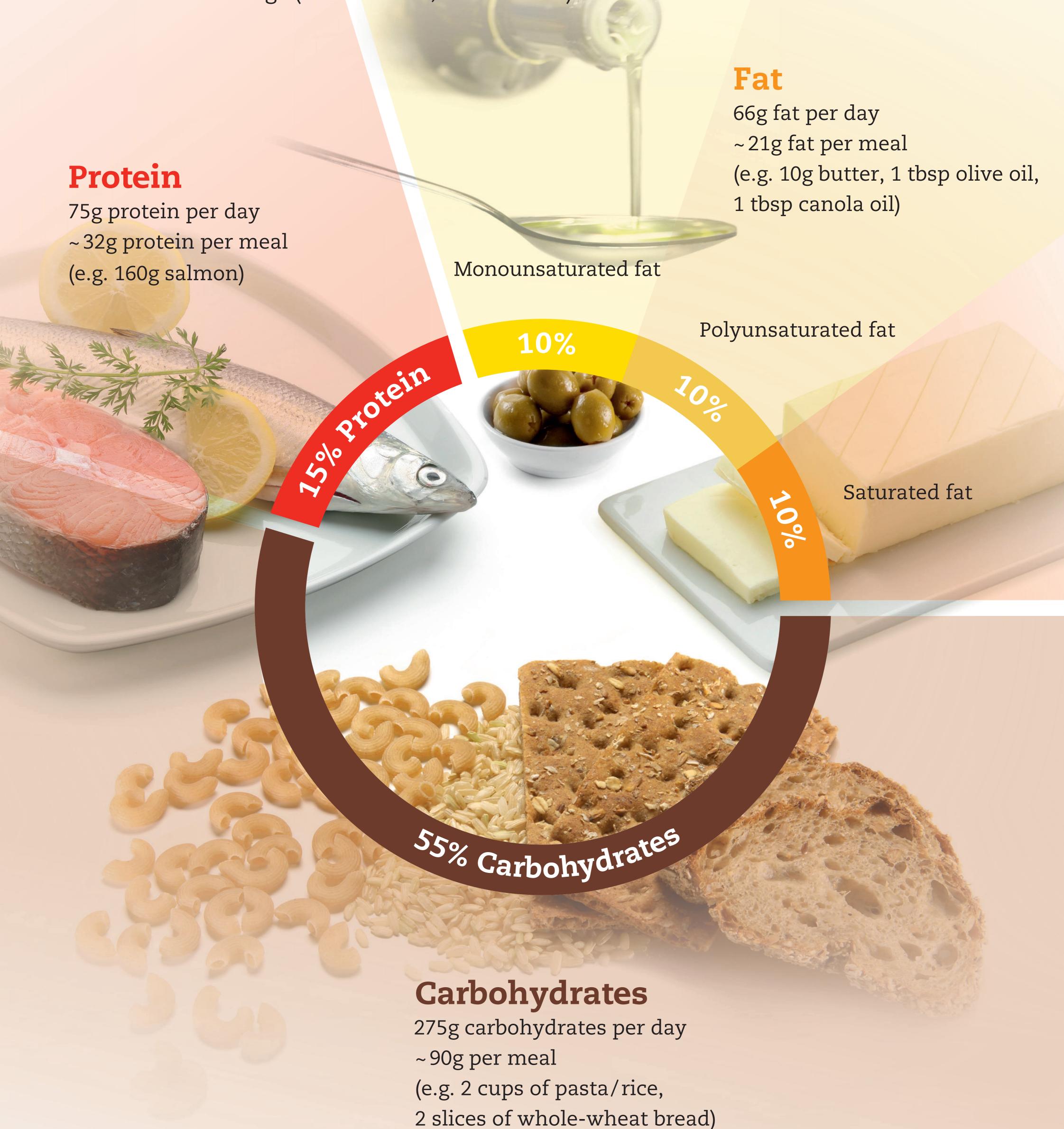






## Keep an eye on portion size

A set menu (for lunch or dinner) should have the following distribution of nutrients on average (based on a 2,000 kcal diet):





## MENU PLANNING



## 5 A Day

Eat at least 5 (or more) servings (fresh, frozen, dried, or canned) of fruits and vegetables every day for better health. Increasing their consumption can significantly **reduce the risk of many chronic diseases** (e.g. heart disease, cancer), and may also play a preventative role for diabetes and obesity. It is important to eat/serve different types (colours) of fruits and vegetables every day.

