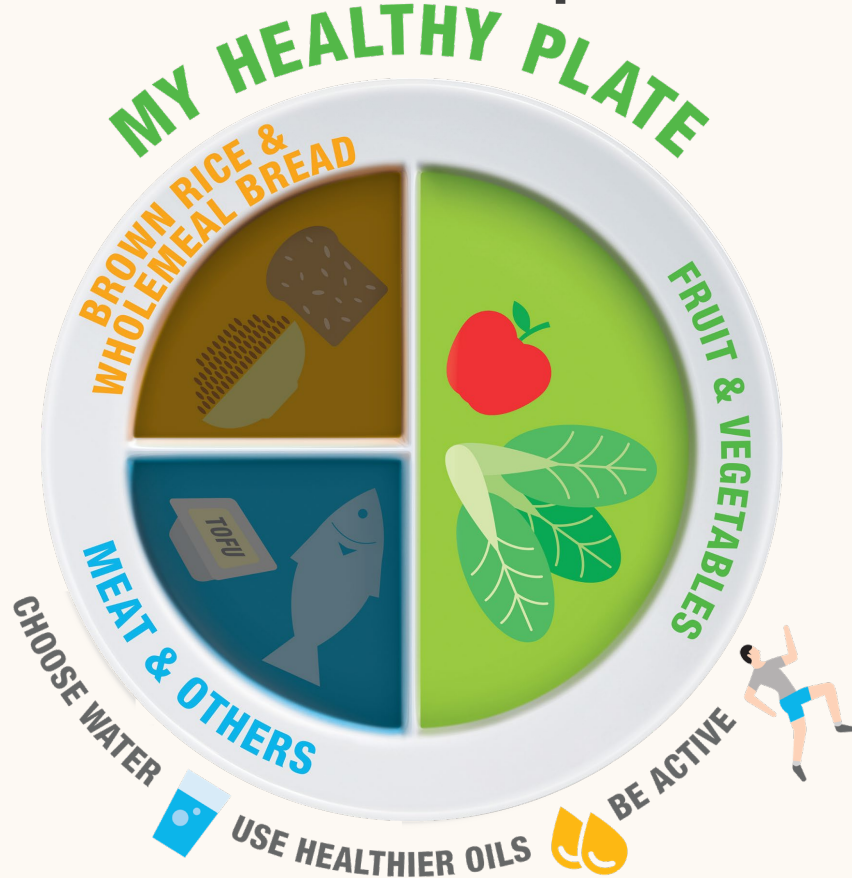


Half plate of fruit and vegetables



Tips for eating fruit and vegetables:

- End your meal with fresh or frozen fruit for dessert
- Eat whole fruit instead of drinking fruit juices
- Fruit **juices** are not recommended as they can cause a **spike in blood sugar levels**. Instead, eat the whole fruit with the pulp and skin as they are high in fibre, which slows the absorption of sugar into your blood.
- Add vegetables/fruits to your meat dishes to add colour, flavour and fibre to your meat dishes

$\frac{1}{2}$ plate = 2 servings, i.e., 1 serving of fruit and 1 serving of vegetables

Daily recommended intake = at least 2 servings of fruit and 2 servings of vegetables