

5 SERVES OF VEGETABLES A DAY

An average serve is around 75g
(roughly 1/2 cup dense veg or 1 cup leaves)



1 cup lettuce
(60 g - 6 cal)



1 cup spinach
(60 g - 7 cal)



1/2 Lebanese cucumber
(50 g - 7 cal)



1/2 cup chopped capsicum
(60 g - 16 cal)



1 zucchini
(70 g - 17 cal)



1/2 cup cauliflower
(50 g - 12 cal)



1/2 cup chopped fennel
(50 g - 12 cal)



6 asparagus spears
(100 g - 19 cal)



1 small tomato
(120 g - 19 cal)



1 cup diced eggplant
(80 g - 19 cal)



1 cup shredded cabbage
(80g - 20 cal)



1/2 cup kale
(40 g - 20 cal)



1 cup sliced mushrooms
(75 g - 21 cal)



1/2 cup chopped carrot
(70 g - 20 cal)



1/2 cup diced onions
(62 g - 21 cal)



1/2 cup diced pumpkin
(60 g - 24 cal)



1/2 cup broccoli
(60 g - 25 cal)



15 green beans
(80 g 22 cal)