




071204-G2&5 Wobbler




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FRUIT VEG



WHAT IS A SERVE?

1 serve fruit =  =  = 
1 medium piece (eg apple) 2 small pieces (eg apricots) 1 cup chopped or canned fruit

1 serve veg =  =  = 
1/2 cup cooked vegetables or cooked legumes 1 medium potato 1 cup salad vegetables



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FRUIT VEG

An Australian Government, State and Territory health initiative.



Government of South Australia

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