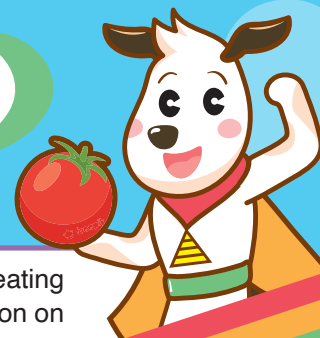


Eat More Vegetables for a Healthier Body

Dear Parents,

Hello! "Eat More Vegetables" is the theme on healthy eating this year. Let EatSmart Doggie share the health information on vegetables with you!



What is the daily amount of vegetables that we need?

The Department of Health recommends:

- At least 1.5 servings of vegetables for young children every day
- At least 3 servings of vegetables for adults every day

How much does 1 serving of vegetables approximately equivalent to?

- Half a bowl of cooked vegetables (such as leafy, gourds, mushrooms)
- 1 bowl of raw vegetables (such as salad leaves, cherry tomatoes)

Note: 1 bowl = 250 - 300 ml

Healthy tips:

Vegetables may lose part of their nutrients such as dietary fibre and vitamin C after juiced. Drinking more than 180 ml of pure vegetable juice will only be counted as one serving of vegetables. Do eat more vegetables to obtain sufficient nutrients!

Benefits of Vegetables

Vegetables are rich in dietary fibre and offer a wide range of nutrients and minerals, which promote the health of young children.

Nutrients

Health Benefits

Vegetable Examples

Dietary Fibre	<ul style="list-style-type: none"> - Promotes bowel movement and prevents constipation - Increases satiety that lowers the chances of overeating, thereby aids controlling body weight 	Garland chrysanthemum, cabbage, eggplant, wax gourd, Chinese chive buds, broccoli, sweet corn, sweet pepper, lotus root, taro, enokitake mushroom, shiitake mushroom
β-carotene	<ul style="list-style-type: none"> - Transforms into vitamin A in the body. Vitamin A promotes healthy vision, maintains healthy skin, mucous membrane and normal function of immune system 	Spinach, lettuce, Chinese white cabbage, Chinese kale, okra, broccoli, carrot, pumpkin
Vitamin C	<ul style="list-style-type: none"> - Maintains normal function of immune system - Promotes growth and repair of cells and speeds up healing of wounds - Aids the absorption of iron in plant-based foods 	Chinese kale, pea shoot, bitter melon, hairy melon, broccoli, cauliflower, sweet pepper, lotus root, radish
Potassium	<ul style="list-style-type: none"> - Helps to stabilise blood pressure - Maintains body fluid balance 	Chinese spinach, spinach, pumpkin, zucchini, broccoli, taro, water chestnuts, enokitake mushroom, button mushroom
Iron	<ul style="list-style-type: none"> - Main component in the production of haemoglobin in red blood cells - Helps to prevent iron deficiency anaemia 	Spinach, Chinese chive, Chinese spinach, garland chrysanthemum, kelp
Calcium	<ul style="list-style-type: none"> - Strengthens bones and teeth - Helps in muscles contraction 	Chinese spinach, Chinese kale, Chinese white cabbage, okra, kelp

Whether it's a main meal or snack, parents should lead by example and eat adequate amount and a variety of vegetables with young children!

Best regards,
EatSmart Doggie



StartSmart@school.hk
Campaign website



A Letter to Parents



Benefits of Fruit and
Vegetables
(Motion graphic video)



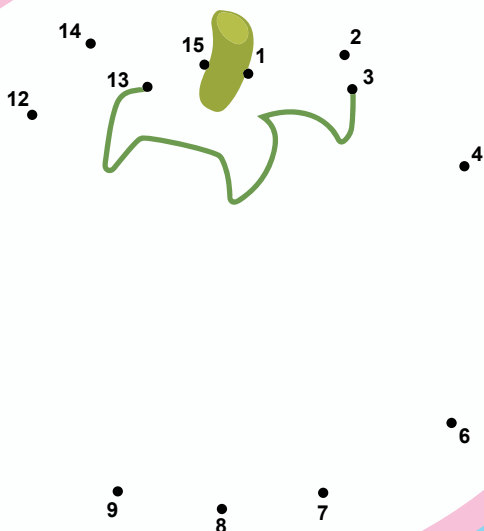
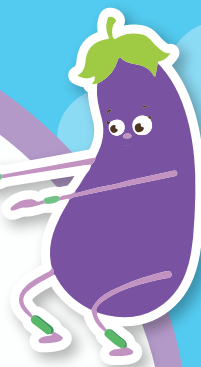
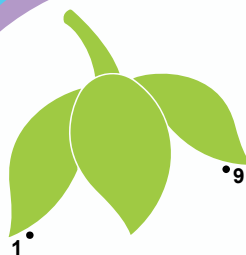
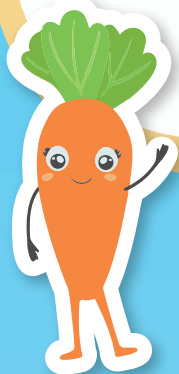
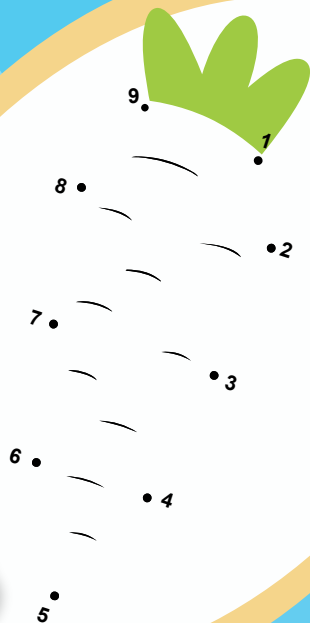
Benefits of Fruit and
Vegetables
(Infographic factsheet)



StartSmart Parent Guide



Mini Game



Dear children, please connect the dots in numerical order and colour the vegetables in!



Quiz

How much does 1 serving of vegetables approximately equivalent to?

Please ☒ the correct answer.

- ☐ A. Half a bowl of cooked tomato
- ☐ B. Half a bowl of fresh tomato
- ☐ C. 100 ml of pure tomato juice

Note: 1 bowl = 250 - 300 ml

