

What is a SERVE of vegetables?

It is recommended that most people eat five (5) serves of vegetables each day. Vegetables are important because they can help protect us against chronic diseases including heart disease, stroke and some types of cancer.

Vegetables are:

- ✓ high in fibre, improving gut health and increasing the feeling of fullness
- ✓ low in energy (kilojoules) assisting weight management
- ✓ high in vitamins and minerals to keep our immune system strong

Some vegetables contain starch. This is a type of carbohydrate, which our bodies use for energy. Starchy vegetables include legumes, corn, potato and sweet potato, taro and cassava.

Non-starchy vegetables are low in carbohydrate, having minimal effect on our blood glucose levels.

A serve of the vegetables group equates to:

Non-starchy vegetables

(contain 3 grams or less carbohydrate per serve)

Cabbage

Serve: 1 cup raw



Celery

Serve: 1 cup raw



Cucumber

Serve: 1 cup raw



Lettuce

Serve: 1 cup raw



Spinach

Serve: 1 cup raw



Tomato

Serve: 1 medium raw



Bok-choy

Serve: ½ cup cooked



Broccoli

Serve: ½ cup cooked



Capsicum

Serve: ½ cup cooked



Cauliflower

Serve: ½ cup cooked



Green beans

Serve: ½ cup cooked



Zucchini

Serve: ½ cup cooked



Semi-starchy vegetables

(contain 4-8 grams carbohydrate per serve)

Beetroot

Serve: ½ cup cooked



Carrot

Serve: ½ cup cooked



Onion

Serve: ½ cup cooked



Parsnip

Serve: ½ cup cooked



Peas

Serve: ½ cup cooked



Pumpkin

Serve: ½ cup cooked



Starchy vegetables

(contain more than 10 grams carbohydrate per serve)

Chickpeas

Serve: ½ cup canned



Kidney beans

Serve: ½ cup canned



Lentils

Serve: ½ cup cooked



Cassava

Serve: ½ cup cooked



Potato

Serve: 1 medium cooked



Sweet corn kernels

Serve: ½ cup canned



Sweet potato

Serve: ½ cup cooked



VEGETABLES – Recommended Daily Serving

	2-3 years	4-8 years	9-11 years	12-13 years	14-18 years	19-50 years	51-70 years	70+ years
Male	2 ½	4 ½	5	5 ½	5 ½	6	5 ½	5
Female	2 ½	4 ½	5	5	5	5	5	5

Serve sizes based on the Australian Dietary Guidelines. Carbohydrate values from the Australian Carbohydrate Counter, Food Works and Calorie King Australia. Pre-prepared and packaged salads and sprouts from salad bars and supermarkets should be avoided in pregnancy.