Vegetables

The Nutrition Checklist for Menu Planning\(^1\) recommends that each day at least 2 serves of vegetables per child, are included on the menu.

A variety of vegetables throughout the menu is important.

<table>
<thead>
<tr>
<th>Each of these provides 1 serve of vegetable:</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ cup cooked vegetables</td>
</tr>
<tr>
<td>e.g. carrots, beans, cauliflower, pumpkin, broccoli</td>
</tr>
<tr>
<td>1 cup salad vegetables</td>
</tr>
<tr>
<td>e.g. cucumber, tomato, capsicum, lettuce, snow peas</td>
</tr>
<tr>
<td>½ cup cooked dried, canned beans, peas or lentils</td>
</tr>
<tr>
<td>e.g. chickpeas, baked beans, butter beans</td>
</tr>
<tr>
<td>½ medium potato or 1 medium tomato</td>
</tr>
</tbody>
</table>

Source: NHMRC, 2013

Refer to the Ingredient Quantity Guide tip sheet for more information on amounts of vegetables.

Ideas for including a variety of vegetables on the menu

- Corn on the cob
- Raw or cooked vegetable sticks with salsa or dip\(^6\)
- Vegetable fillings on sandwiches e.g. cucumber, tomato, grated carrot
- Vegetable scones e.g. grated zucchini and carrot, pumpkin and date
- Vegetable soup e.g. Minestrone Soup\(^*\), Lentil Soup\(^*\), pumpkin soup
- Vegetable Slice\(^*\) – served as a meal or snack
- Celery sticks filled with cream cheese and sultanas
- Vegetable chips – slice carrot, zucchini, potato and sweet potato, spray with olive oil and bake until golden
- Baked beans – serve warm in a cup with grated cheese or pour over wholegrain toast
- Vegetable side dishes – offer bowls of colourful vegetables with main meals
- Vegetable pancakes – serve warm or cold. Try corn kernels, grated carrots, onion and chopped beans
- Vegetable toppings on pizzas e.g. capsicum, mushroom, sweet potato, pumpkin, tomato

Children may need to try new vegetables up to 10 times before they accept them.

\(^1\) Caring for Children: Birth to 5 years, NSW Ministry of Health, 2014, page 92.

\(^6\) Healthy dip ideas available in Caring for Children: Birth to 5 years, NSW Ministry of Health, 2014, page 56.

\(^*\) Recipes available in Caring for Children: Birth to 5 years, NSW Ministry of Health, 2014.