

What is half a serve of salad or vegetables?

The **WA School Food and Drink Criteria** specifies that some **AMBER** products are required to include or be served with half a serve of salad or vegetables. This improves the nutritional quality of meals containing **AMBER** products and increases overall vegetable intake in accordance with current dietary guidelines.

Half a serve of salad or vegetables looks like:



1/2 cup raw leafy greens or salad vegetables such as lettuce, cucumber, tomatoes



1/4 cup cooked vegetables such as broccoli, pumpkin, zucchini, sweetcorn



1/4 cup cooked beans, peas or lentils

Try keeping some of the vegetables visible in the food product. We want children to be able to visually identify and become familiar with a range of vegetables, including their texture and taste.

What does half a serve of salad or vegetables look like in a meal?

- Crumbed chicken tenders served in a wrap with salad (e.g., lettuce, tomato, carrot, cucumber).
- Commercial readymade curry that includes 1/4 cup cooked vegetables such as pumpkin, cauliflower, broccoli.
- Commercial readymade lasagna served with a garden side salad.
- Veggie/legume patties in a wholemeal burger bun with salad (e.g., lettuce, tomato, carrot, cucumber).
- Rissoles served with corn on the cob.
- Shredded chicken breast in a toasted sandwich with spinach, tomato, avocado and cheese.
- Tofu with stir-fried vegetables (e.g., broccoli, carrot, snow peas, capsicum).

Not sure if you need to add half a serve of salad or vegetables? Simply search for the product in FoodChecker and find out instantly.

 **FoodChecker**