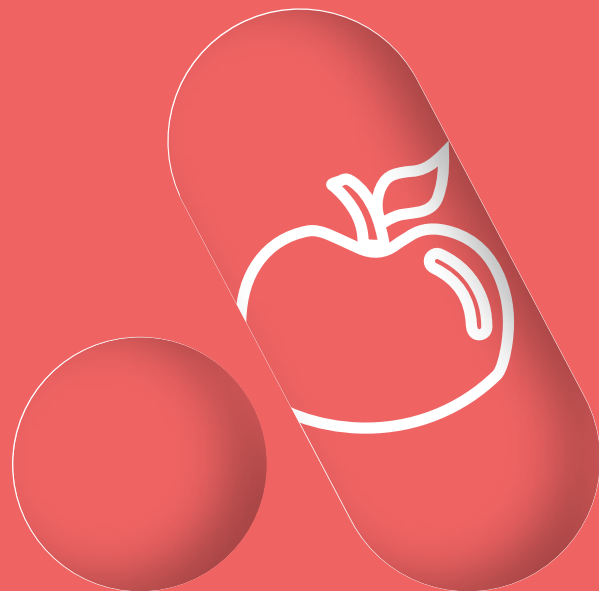


# NUTRITION FOR WELLNESS.

WEEK 4



**Did you know** that the food you eat impacts not just your physical health, but your mental health as well? A low-quality diet can leave you feeling sluggish and can even contribute to symptoms of depression and anxiety. Eating well on the other hand gives your body more energy, improves sleep quality, improves concentration, and boosts your mood. The recommended daily intake for adults is two serves of fruit and five serves of vegetables. Not sure what that looks like? Check out our examples below.

## One serve of fruit is equal to:

- One medium-sized apple
- Two small kiwi fruits
- One cup of canned or chopped fruit
- Four dried apricot halves



## One serve of vegetables or legumes is equal to:

### ½ cup of:

- Green leafy vegetables like cabbage, spinach, brussel sprouts
- Legumes such as beans or lentils
- Green beans, zucchini, mushrooms, eggplant

### 1 cup

- Salad vegetables such as tomatoes, capsicum, cucumber, celery
- 1 medium sized potato or parsnip

