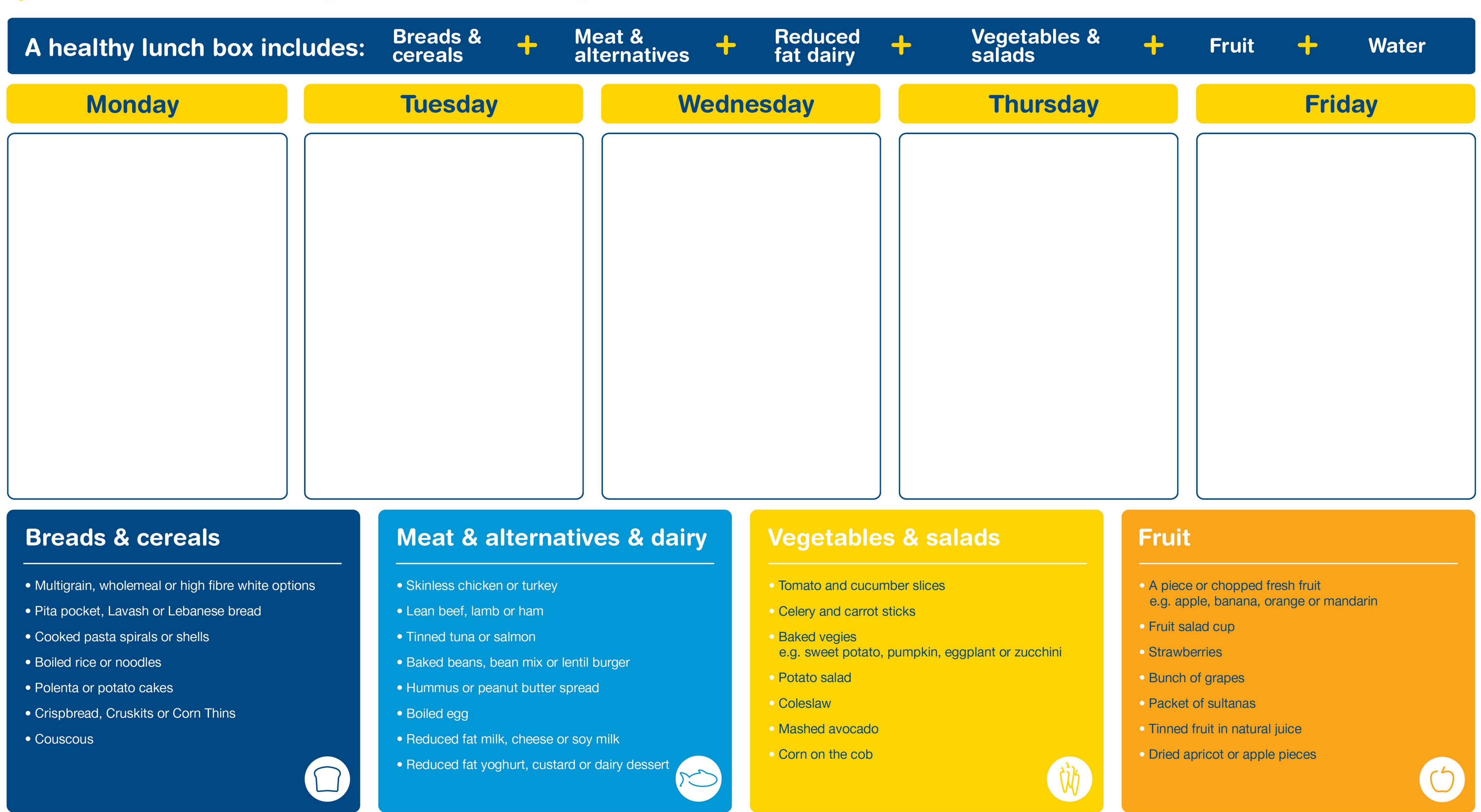


## Cancer Council Healthy lunch box planner



## How much is a serve?

1 serve of fruit = 150 grams or 1 medium piece or 2 small pieces or 1 cup of chopped fruit.

1 serve of vegetables = 75 grams or 1/2 cup of cooked veg or legumes or 1/2 medium potato or 1 cup of salad.