

OK: Diabetes.

How to do it – eating more vegetables.

NHS

National Institute for
Health Research



You can make kebabs with vegetables – they are good grilled or in a barbecue.



Vegetables taste great with noodles.



Vegetable stew – a hot meal for winter

Can somebody help you cook meals like this?



You can eat salad in a roll even if you don't like lettuce – try tomato and onion or cucumber.



Vegetable soup – you can buy it or somebody can help you make it.

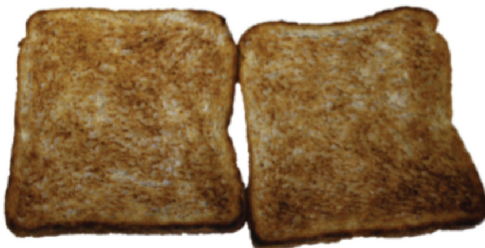
You can add things you like to soup...



Tomato or onion



Beans



Toast

How to do it – eating more vegetables.

Try raw vegetables.



Broccoli and cauliflower are crunchy.



Do you like carrots or cucumber?



If you like spicy food then try peppers or onions.



If you chop up vegetables and wash them you can keep them in the fridge to eat when you like.