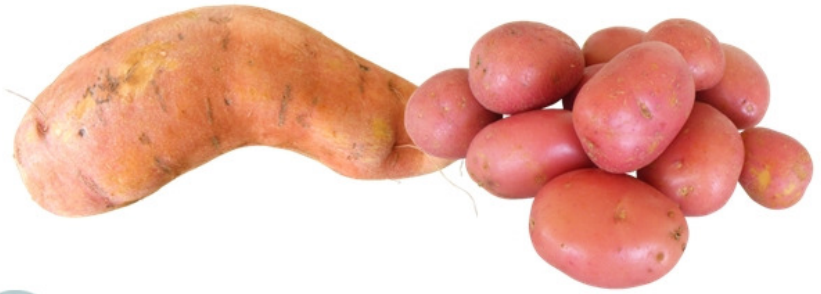
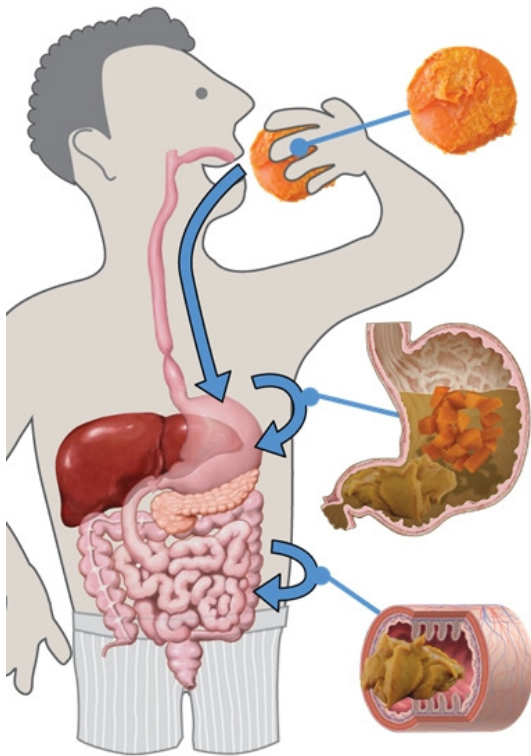
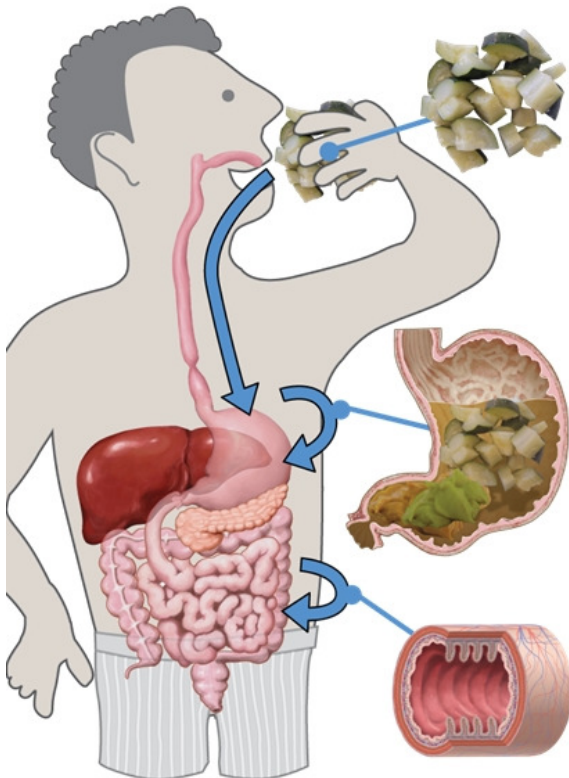


Starchy & FREE Vegetables



- 1 Starchy vegetables contain lots of carbohydrate and put a lot of sugar into your blood



- 2 Free vegetables contain less carbohydrate and put only a small amount of sugar into your blood
- 3 You can eat lots of FREE vegetables without having to worry

FREE Vegetables



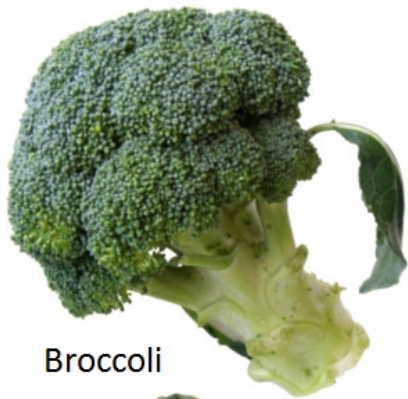
Cabbage



Kale



Wombok



Broccoli



Cauliflower



Zucchini

Swede



Turnip



Carrot



Pumpkin



Bok Choy

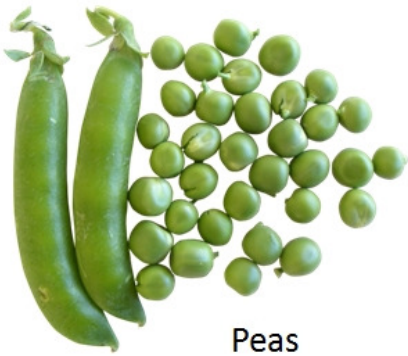


English spinach



Choko

FREE Vegetables



Peas



eggplant



Celery



Green beans



Brussels sprouts



Chives



Garlic



Bean sprouts



Okra



Mushroom

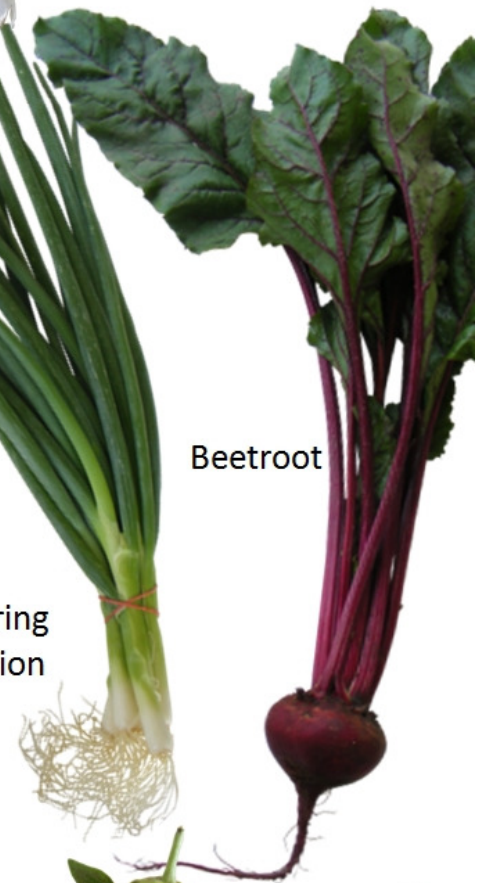


Rhubarb

Radish



Spring onion



Beetroot



Tomato



Passionfruit



strawberry



Lychee

Starchy Vegetables

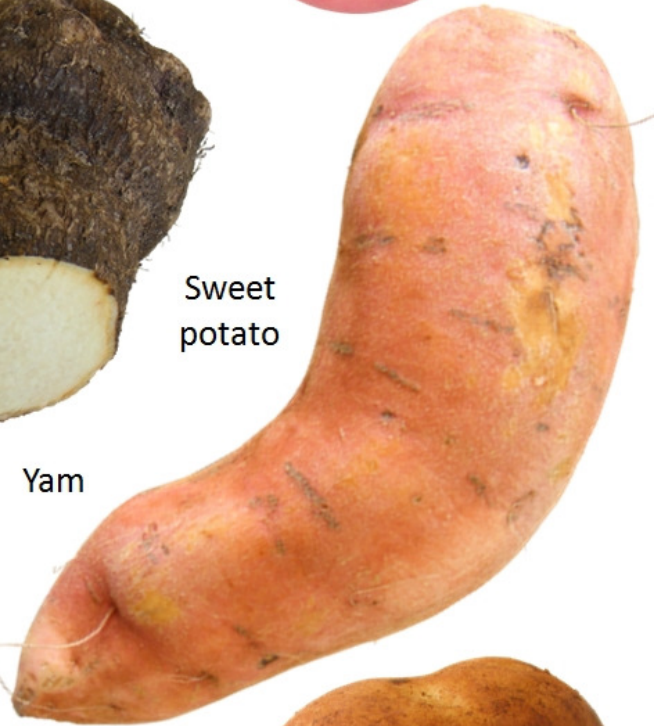
Breadfruit



Potato



Sweet potato



Yam



Cassava

Potato



Wedges



Fried chips

There is no need to print the following page when printing and using this resource
Health Professional Facilitator Information

You must use your own professional judgement when using this resource

Purpose of resource:

To promote eating FREE vegetables.

Target group:

This resource is designed to be used by Australians of all ages.

Notes:

This resource is designed to be printed A3 size and then laminated.

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