

Suggested research materials for Stage 3



Webpages

- Veggycation

<https://www.veggycation.com.au/vegetables/>

- Eat for Health – Australian Dietary Guidelines

<https://www.eatforhealth.gov.au/>

<https://www.eatforhealth.gov.au/food-essentials/five-food-groups/vegetables-and-legumes-beans>

<https://www.eatforhealth.gov.au/food-essentials/five-food-groups/fruit>

- Better Health Channel

<https://www.betterhealth.vic.gov.au/health/HealthyLiving/fruit-and-vegetables>

- Vegetables.co.nz

<https://www.vegetables.co.nz/vegetables-a-z/>

- Half your plate, Canada

<https://www.halfyourplate.ca/fruits-and-veggies/veggies-a-z/>

<https://www.halfyourplate.ca/fruits-and-veggies/fruits-a-z/>

Fact sheets

- Nutrition Australia – Eat a Rainbow

<https://nutritionaustralia.org/app/uploads/2020/05/eat-a-rainbow-fact-sheet-20130506.pdf>

- SA Health - The rainbow colours of fruit and vegetables and their health benefits

<https://www.sahealth.sa.gov.au/wps/wcm/connect/0c23fc004379088fb74cffc9302c1003/Health+benefits+of+different+colours+chart.pdf?MOD=AJPERES&CACHEID=ROOTWORKSPACE-0c23fc004379088fb74cffc9302c1003-nzLGDRl>

Fruit and vegetable association websites

Apples https://www.aussieapples.com.au/health/nutritional-value/	Melons https://www.melonsaustralia.org.au/product-info/
Avocados http://australianavocados.com.au/health-nutrition/	Mushrooms https://australianmushrooms.com.au/health/
Bananas https://australianbananas.com.au/Pages/nutrition/the-magic-blend	Papaya/pawpaw https://australianpapaya.com.au/about/nutrition/
Blueberries https://australianblueberries.com.au/does-good/	Passionfruit https://www.aussiepassionfruit.com.au/aboutpassionfruit/nutrition-australian-passionfruits/
Cherries https://australiancherries.com.au/health	Pears https://australianpears.com.au/pear-nutrition/

Citrus https://citrusaustralia.com.au/uncategorised/health-benefits-of-citrus	Persimmons https://www.persimmonsaustralia.com.au/about/nutrition/
Grapes https://www.australiangrapes.com.au/consumer/health-benefits/	Pineapples https://australianpineapples.com.au/chomp-it/
Lychees https://www.australianlychee.com.au/about-lychees/healthy-treat	Potatoes https://www.todatoes.com.au/potato-nutritional-value/
Mangoes https://mangoes.net.au/nutrition/	Sweet potatoes http://australiansweetpotatoes.com.au/nutrition/