

# Go for 2&5<sup>®</sup>

FRUIT VEG



## WHY GO FOR 2&5\*?

Eating plenty of fruit and vegetables can help protect against heart disease, some cancers, and help maintain a healthy weight. It also helps reduce blood pressure and blood cholesterol levels and improve diabetes control. It is recommended adults eat at least 2 serves of fruit and 5 serves of vegetables every day.

## WHAT IS A SERVE?

### FRUIT



1 medium piece  
(e.g. apple)

=



2 small pieces  
(e.g. apricots)

=



1 cup chopped  
or canned  
fruit

### VEG



1/2 cup  
cooked veges  
or legumes

=



1 whole  
medium potato

=



1 cup  
salad veges

For children, serves should be adjusted for their age.


For healthy eating  
information visit  
[www.gofor2and5.com.au](http://www.gofor2and5.com.au)



An Australian Government, State and Territory health initiative.

# BEEF, BROCCOLI AND SNOW PEA STIR-FRY



 15 minutes preparation  
+ 10 minutes cooking

500g cooked Hokkien egg noodles  
2 teaspoons oil\*  
400g lean rump steak, sliced  
1 medium brown onion, diced  
2 cloves garlic, crushed  
1 teaspoon ginger, peeled & grated  
1/2 head broccoli, cut into florets  
100g snow peas, ends & strings removed  
2 tablespoons water  
1 tablespoon oyster sauce  
1 teaspoon cornflour  
1/2 tablespoon reduced-salt soy sauce  
1 teaspoon chilli sauce

\*Choose mono or polyunsaturated oil  
(eg. grapeseed or olive).



5 serves of veggies

Prepare noodles following packet directions. Heat oil in pan, stir-fry beef in two batches, set aside and keep warm. Add onion, garlic and ginger, cooking until onion is translucent. Add broccoli, snow peas and water, cooking until vegetables soften. Return beef to pan. In a small bowl combine water, cornflour and sauces. Stir through beef and vegetables and allow to bubble and thicken. Serve with noodles. Serves 4.

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## BROCCOLI



**Storage** In an airtight bag in refrigerator crisper. Use as soon as possible after purchase.

**Selection** Choose tight compact heads with blue/green colour

**Uses** Stir-fries, salads, vegetable side dishes, frittatas and all short-time cooking dishes.