

Go for 2 & 5[®]

FRUIT VEG



Two serves of fruit and five serves of vegies.

Most people know that fruit and vegies are good for you. For good health, it's recommended you eat at least 2 serves of fruit and 5 serves of vegies every day. For children, of course, serves should be adjusted according to their age.

What is a serve?

VEGETABLE



1/2 cup
cooked
vegies or
legumes

=



1 whole
medium
potato

=



1 cup
salad
vegies

FRUIT



1 medium
piece
(e.g. apple)

=



2 small
pieces
(e.g.
apricots)

=



1 cup
chopped
or canned
fruit



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Health

For more information on healthy eating and physical activity for you and your family, go to:

www.gofor2and5.com.au

www.healthykids.nsw.gov.au