

Go for 2&5[®]

FRUIT VEG

increase your fruit and veg intake at work

Most adults in South Australia eat around 1½ serves of fruit and veg 2½ serves of veg per day. Adults need 2 serves of fruit and 5 serves of veg every day to get health benefits, so the good news is that you are already halfway there.

Our day-to-day lives are becoming more hectic, whether it's working, catching up with family and friends or doing the grocery shopping, and we don't necessarily want to spend hours in the kitchen cooking.

There are lots of quick and easy ways that we can all increase our fruit and veg intake. By grabbing a quick apple or orange for a tasty snack, or adding some extra salad in your sandwich at lunch, it's easy to Go for 2&5[®].

Another great way to get more fruit and veg into your diet is by making your workplace fruit and veg friendly.

Here are some quick tips for healthy eating at work:

- Provide a fruit bowl at work and take turns to stock it each week
- Have a theme day, like 'Fresh Fruit Friday' and incorporate a fun morning tea
- Organise a special tasting session for staff and introduce people to some unusual fruit and veg which are currently in season
- When organising catering for meetings or functions, include a healthy option like a fruit platter
- Place Go for 2&5[®] posters around your office to raise awareness – include the seasonal chart so you are aware what is in season.

Take a seasonal approach

Choosing seasonal fruit or vegies means more value for your money. Not only will your dollar go further, but seasonal fruit and vegies are usually better quality and reduced transport costs mean they are also better for the environment. Help yourself, help local farmers and help the environment by choosing spring fruit and veg the next time you go shopping.

For more information on seasonal fruit and veg and how to get more into your diet, log onto

www.gofor2and5.com.au

What's in season this spring?

FRUIT	VEGETABLES
Apples (Braeburn, Fuji, Golden Delicious, Granny Smith, Hi Early, Lady Williams, Pink Lady, Red Delicious, Sundowner), Banana, Blueberries, Cherries, Coconuts, Cumquats, Dates, Grapefruits, Honey Dew, Kiwifruit, Lemons, Limes, Mangoes, Nashis, Oranges (Blood, Navel, Valencia) Papaw, Papaya, Passionfruit, Pineapple, Starfruit, Strawberries, Tamarillos, Tangellos, Watermelon.	Artichoke (Globe), Asparagus, Avocado (Hass, Greenskin), Beans (Broad, Butter, Green), Beetroot, Bok Choy, Broccoli, Broccolini, Cabbage (Common, Chinese), Capsicums, Celery, Celeriac, Chicory, Cucumbers, Horesradish, Leeks, Lettuce, Lobok, Mushroom, Okra, Onions, Parsnips, Peas (Green, Snow, Sugarsnap), Potatoes (Coliban, Desiree, Gourmet, Laoda, Sebago), Pumpkins (Blue, Butternut, Golden Nugget, Jarradale, Jap), Radish, Salsify, Shallot Bulbs, Shallots, Silverbeet, Spinach, Squash, Swedes, Sweet Corn, Sweet Potatoes, Taro, Tomatoes, Tumeric, Turnips, Witlof, Zucchini.



Government of South Australia
Department of Health