

Go for 2&5[®]

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. For children, serves should be adjusted for their age.

WHAT IS A SERVE?

FRUIT



1 medium piece
(e.g. apple)

=



2 small pieces
(e.g. apricots)

=



1 cup
chopped or
canned fruit

VEG



½ cup
cooked vegies
or legumes

=



1 whole
medium potato

=



1 cup
salad vegies

For healthy eating information visit www.gofor2and5.com.au


Live Life  well
NSW  HEALTH



Go for 2&5[®]
FRUIT VEG

An Australian Government, State
and Territory health initiative.

BBQ VEGIES



 7 minutes preparation + 10 minutes cooking

 6 serves of vegies in this recipe

Ingredients:

1 tablespoon olive oil

Juice of 1 lemon

1 large red onion, cut into wedges

3 flat mushrooms, sliced thick

3 baby eggplants, halved lengthways

3 baby zucchinis, halved lengthways

1 red capsicum, seeded and cut into six
3 yellow squash, halved
3 firm ripe tomatoes, halved
Olive or canola oil spray

Method: Combine oil and juice in a small bowl. Brush vegetables with this mixture. Heat BBQ and lightly spray with oil.

Barbecue vegetables until tender (about 10 minutes depending on thickness), turning after 5 minutes. Serves 6.



Selection: Choose firm, dark and shiny eggplant heavy for its size. It should have flesh that bounces back when lightly pressed. Avoid those with brown spots or shrivelled skin.

Storage: In an airtight bag in refrigerator crisper.