

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.

THAI NOODLE SALAD



Ingredients

- 100g dried rice noodles*
- 1 spring onion, sliced
- 1 cup snow pea shoots (or mung bean sprouts)
- 1 red capsicum, seeded and sliced
- 1 tablespoon unsalted peanuts or cashews, chopped
- 2 tablespoons coriander, chopped

Dressing

- 2 tablespoons reduced-salt soy sauce
- 1 teaspoon honey
- 1 clove garlic, crushed
- Juice of 1 lemon
- ½ teaspoon fresh ginger, finely chopped



10 minutes preparation



3 serves of vegies

Method

Prepare noodles according to packet directions. Rinse under cold running water, drain and set aside. In a small bowl combine dressing ingredients. In a large bowl combine remaining ingredients. Pour dressing over the salad, add noodles and toss well. Serves 2.

Variation

*Use soba, somen, or egg noodles in this recipe. Use spinach leaves instead of snow pea shoots.



Selection Choose capsicum with firm glossy skins, no spots or shrivel.

Storage In an airtight bag in refrigerator crisper.

Uses Stir-fries, casseroles and salads, and stuffed with meat and rice mixtures.