

Get more serves of vegies into your day.

1 serve

1 serve



1 serve

More information

For more information and to order community education resources such as the Go for 2&5® posters and seasonal recipe books free of charge visit the South Australian section of the Go for 2&5® campaign website.

www.gofor2and5.com.au



Go for 2&5[®]
FRUIT VEG



The more fruit and vegies you eat, the more they'll eat.



South Australians don't eat enough fruit and vegies.

Most South Australians want to eat more fruit and vegetables and know that they are 'good for you'. The fact is eating more fruit and vegies may be the single most important dietary change needed to improve health and reduce the risk of disease for you and your family.

What's in it for you?

For better health and to reduce the risk of disease, make it a habit to eat fruit and vegies every day. A life-time habit of eating fruit and vegies can help prevent:

- Cardiovascular disease
- Some forms of cancer
- Overweight and obesity
- Constipation.

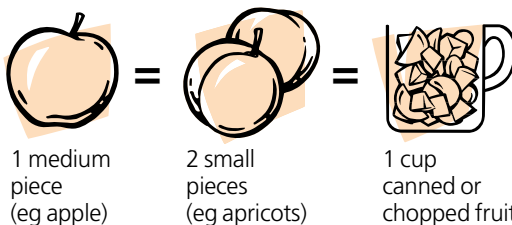
They can also:

- Help children to grow and develop well
- Reduce infections by building a healthy immune system
- Reduce blood pressure and blood cholesterol levels
- Improve control of diabetes.

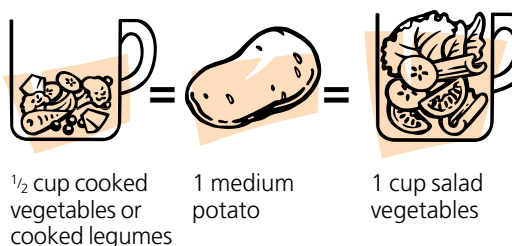


What's a serve?

One serve of **FRUIT** is 150 grams of fresh fruit or:



One serve of **VEGETABLES** is 75 grams or:



How much fruit and vegetables should adults and children eat for good health?

Age (years)	Fruit (serves per day)	Vegetables (serves per day)
2-3 ¹	1	2
4-7	1-2	2-4
8-11	1-2	3-5
12-18	3-4	4-9
19 +	2 or more	5 or more

Source: Australian Guide to Healthy Eating

1. The Australian Guide to Healthy Eating does not provide recommendations for those under 4 years. These figures are those referred to in the 2007 National Children's Nutrition and Physical Activity Survey.

How to get more serves of fruit and vegies into your day.

All you need to do is simply swap more fruit and vegies for less healthy foods* into meals and snacks.

Fruit

- Try fruit with breakfast cereal or yoghurt.
- Swap snacking on chips and biscuits for fresh fruit.
- Blend soft fruit (eg bananas, strawberries) with low fat milk, yoghurt and ice for a fruit smoothie.
- Add chopped or sliced fruit to savoury salads.
- Serve fresh or canned fruit for dessert by itself or with reduced fat custard or yoghurt.

Vegetables

- Top wholegrain and wholemeal English muffins, bread or pita bread with diced vegetables and sprinkle with reduced fat cheese for a quick mini pizza.
- Add an extra serve of salad to your sandwich or roll.
- Make meat go further by adding extra vegies or legumes (dried peas, beans or lentils) to recipes for stews and casseroles, stir-fries, pastas, rice dishes and BBQ meat patties.

* Less healthy foods are those high in fat, salt and sugar like chips, fried food, chocolates and soft drinks.

