

What's a serve?

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



1 medium piece
(e.g. apple)

2 small pieces
(e.g. apricots)

1 cup
canned or
chopped fruit

One serve of VEGETABLES is 75 grams or:



1/2 cup cooked
vegetables or
cooked legumes

1 medium
potato

1 cup salad
vegetables



Go for 2&5
FRUIT VEG




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www.gofor2and5.com.au

It's easy to find a way
to get some
extra fruit and vegies
in your day.



For more information visit
www.gofor2and5.com.au
or contact Health Info on 1300 135 030
for a copy of the *Go for 2 and 5*
Consumer Guide or *Recipe Booklet*.



Most people know that fruit and vegetables 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.

On average West Australian adults eat around 1 ½ serves of fruit and 2 ½ serves of vegies per day – you need 2 serves of fruit and 5 serves of vegies. So, you are already halfway there.

WHAT'S IN IT FOR YOU?

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

- Coronary heart disease
- Some forms of cancer
- Overweight and obesity
- Constipation

They can also:

- Reduce blood pressure and blood cholesterol levels
- Improve control of diabetes

It's easy to get there.

So all you need to do is get some extra fruit and vegies into your day.

It's easy! Simply add an extra serve to the meals and snacks you already eat.


FRUIT

- Add to breakfast cereal or yogurt
- Blend soft fruit (e.g. bananas, strawberries) with low fat milk, yogurt, and ice for a frothy fruit smoothie
- Add chopped or sliced fruit to savoury salads

VEGETABLES

- Add extra vegies or legumes (dried peas, beans or lentils) to recipes for:
 - meatloaves, patties and stuffings
 - stews and casseroles
 - stir-fry, pasta and rice dishes
- Top English muffins or crumpets 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
- Heat leftover vegies, add an egg or reduced-fat cheese and serve on toast

Go for value.

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- Swap to fruit or vegetables in season. They are usually better quality and cheaper
 - Shop 2 to 3 times a week - you will have less to carry. Fresher fruit and vegetables keep their nutritional value longer!
 - Substitute fresh with canned or frozen varieties when they are not in season. Always choose 'reduced' or 'no added' fat, salt or sugar products

