

What's a serve?

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

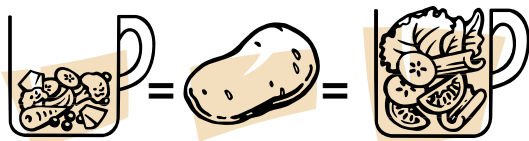


1 medium
piece
(eg apple)

2 small
pieces
(eg 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



For more information visit
www.gofor2and5.com.au
or contact the Department of Health on
(08) 8226 6329.

What about juice?

Limit juice to 1/2 a cup a day. Too much may lead to tooth decay and contribute to unwanted weight gain. Fruit juice drinks have added sugars and should be avoided. Make water your regular thirst quencher.



Go for 2&5[®]
FRUIT VEG

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





South Australians don't eat enough fruit and vegies.

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.

South Australian adults eat on average 1½ serves of fruit and 2½ serves of vegetables each day – we need 2 serves of fruit and 5 serves of vegies ...so we 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 vegies 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 eat more.

All you need to do is get some extra fruit and vegies into your day. It's easy!

FRUIT

- Choose fruit instead of snacks high in fat or sugar such as lollies, potato crisps or 'snack' bars
- Add fruit to breakfast cereal or yogurt
- Try fresh fruit for dessert after a meal
- Blend soft fruit (eg bananas, strawberries) with low fat milk, yogurt, and ice for a frothy fruit smoothie.

VEGETABLES

- Try crunchy vegies with low-fat dips as a snack (eg asparagus, beans, broccoli, carrot, capsicum, cauliflower, cucumber, mushrooms, radish, snow-peas)
- Replace some of the meat on your plate with vegies (4 different types)
- Add extra vegies or legumes (dried peas, beans or lentils) to soups, stews, 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.

Go for value.

To get the best nutritional value for money:

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

