



# MEDIA RELEASE

**EMBARGO**

**Friday 29<sup>th</sup> April 2005**

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## **DIETICIANS SUPPORT *GO FOR 2 FRUIT & 5 VEG*<sup>TM</sup>**

The Dietitians Association of Australia (DAA) has today welcomed the South Australian launch of the Australian Government funded national *Go for 2 Fruit & 5 Veg*<sup>TM</sup> campaign.

President of the DAA Professor Sandra Capra AM said, 'it is essential for Australians to eat more fruit and vegetables as it is well known that the risk of many chronic diseases like heart disease, obesity and certain cancers is lower in those who eat more.

Health and community organisations as well as industry are committed to working with the government on this campaign. It is really important to see an inter-sectoral collaboration delivering a consistent and important public health message to Australians.

DAA hopes the Australian Government will build on this initial step and support long-term co-ordinated strategies encouraging Australians to eat more fruit and vegetables. To monitor whether Australians do eat more fruit and vegetables we also need regular nutrition surveys.'

**For further information or to organise an interview with  
Professor Sandra Capra, contact Kate Kerruish,  
Dietitians Association of Australia, on 0409 661 920.**

**Note to Editors:** The Dietitians Association of Australia (DAA) is the professional body representing dietitians nationally. Dietitians are experts in nutrition and a public guarantee of this expertise is provided through the Accredited Practising Dietitian (APD) program – a national system for recognition of professionals who have the qualifications and expertise to provide expert nutrition and dietary advice. For more information visit [www.daa.asn.au](http://www.daa.asn.au)

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