




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





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.

The Australian Dietary Guidelines recommend that adults eat at least 2 serves of fruit and 5 serves of vegetables each day. These amounts will vary for children, depending on their age. In NSW in 2005, 51% of adults consumed the recommended 2 serves of fruit each day, whilst only 7.4% of adults ate the recommended 5 serves of vegetables.

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

It 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.

- 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



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 chopped
or canned
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 on healthy eating and physical activity for you and your family, go to:
www.gofor2and5.com.au
www.livelifewell.nsw.gov.au
www.healthykids.nsw.gov.au
www.cancerinstitute.org.au



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State and Territory health initiative

