

Go for 2 fruit and 5 veg for good health.



Two serves of fruit and five serves of vegies.

Most people know that fruit and vegetables are good for you. It's recommended adults eat at least 2 serves of fruit and 5 serves of vegies every day. For children, serves should be adjusted according to their age.

As a group, fruit and vegies are particularly rich in vitamins, minerals, and contain other important components such as dietary fibre.




Legumes (eg. dried peas, beans, lentils and chick peas) are included in the vegie group and contain protein and fibre.

Fresh is best. Canned and frozen fruit and vegies can be a convenient alternative when fresh isn't available, but look for varieties without added salt or sugar.

So how much is a serve?




One serve of vegies is about half a cup of cooked vegetables, one medium potato, or one cup of salad vegetables. One serve of fruit is one medium piece (e.g. apple), two small pieces (e.g. apricots) or one cup of chopped or canned fruit.

VEGETABLE

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½ cup cooked vegies or legumes 1 medium potato 1 cup salad vegies

FRUIT

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1 medium piece (e.g. apple) 2 small pieces (e.g. apricots) 1 cup chopped or canned fruit

Hungry to find out more?

For further information, plus more tips on how to get an extra serve of fruit and vegies in your day, visit www.gofor2and5.com.au



Go for 2&5[®]
FRUIT VEG