

Go for 2&5[®]

FRUIT VEG



WHY GO FOR 2&5*?

Eating plenty of fruit and vegetables can help protect against heart disease, some cancers, and help maintain a healthy weight. It also helps reduce blood pressure and blood cholesterol levels and improve diabetes control. It is recommended adults eat at least 2 serves of fruit and 5 serves of vegetables every day.

WHAT IS A SERVE?

FRUIT



1 medium piece
(e.g. apple)

=



2 small pieces
(e.g. apricots)

=



1 cup chopped
or canned
fruit

VEG



1/2 cup
cooked veges
or legumes

=



1 whole
medium potato

=



1 cup
salad veges

For children, serves should be adjusted for their age.


For healthy eating
information visit
www.gofor2and5.com.au




An Australian Government, State and Territory health initiative.

BEEF, BROCCOLI AND SNOW PEA STIR-FRY



 15 minutes preparation
+ 10 minutes cooking

 5 serves of veggies

500g cooked Hokkien egg noodles
2 teaspoons oil*
400g lean rump steak, sliced
1 medium brown onion, diced
2 cloves garlic, crushed
1 teaspoon ginger, peeled & grated
1/2 head broccoli, cut into florets
100g snow peas, ends & strings removed
2 tablespoons water
1 tablespoon oyster sauce
1 teaspoon cornflour
1/2 tablespoon reduced-salt soy sauce
1 teaspoon chilli sauce

Prepare noodles following packet directions. Heat oil in pan, stir-fry beef in two batches, set aside and keep warm. Add onion, garlic and ginger, cooking until onion is translucent. Add broccoli, snow peas and water, cooking until vegetables soften. Return beef to pan. In a small bowl combine water, cornflour and sauces. Stir through beef and vegetables and allow to bubble and thicken. Serve with noodles. Serves 4.

*Choose mono or polyunsaturated oil (eg. grapeseed or olive).

For healthy eating information
visit www.gofor2and5.com.au



An Australian Government, State and Territory health initiative.

BROCCOLI



Storage In an airtight bag in refrigerator crisper. Use as soon as possible after purchase.

Selection Choose tight compact heads with blue/green colour

Uses Stir-fries, salads, vegetable side dishes, frittatas and all short-time cooking dishes.