

Healthy fast food for your kids.

Two serves of fruit and five serves of vegies.

Most people know that fruit and vegies are good for you. For good health, it's recommended you eat at least 2 serves of fruit and 5 serves of vegies every day.

For children, of course, serves should be adjusted according to their age.

So how do I get my daily 2 & 5?

There are lots of ways you can get an extra serve of fruit and vegies into your day.

What is a serve?

VEGETABLE



1/2 cup
cooked vegies
or legumes



1 medium
potato



1 cup
salad vegies

FRUIT



1 medium piece
(e.g. apple)



2 small pieces
(e.g. apricots)



1 cup chopped
or canned fruit

Vegetable Tips

BREAKFAST Try mushrooms, tomatoes, sweet corn, baked beans or capsicum as the ultimate in toast toppings.

SNACKS Children love raw vegies. Serve carrot and celery sticks, florets of broccoli, and strips of capsicum.

MAIN MEALS Make your meat go further by adding extra vegetables in a stir-fry or casserole.

Fruit Tips

BREAKFAST Top off your cereal, toast or yoghurt with your favourite fruit.

SNACKS Freeze bananas, grapes, strawberries and oranges for a super snack.

MAIN MEALS As well as adding fruit to your salads, try it with baked fish or chicken. Delicious!

DESSERTS Serve fresh, seasonal fruits, or try pureed stewed fruit as the perfect topping.

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, simply contact

www.healthyactive.gov.au
1800 020 103



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