

Go for 2 & 5[®]

FRUIT VEG






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.

What is a serve?

VEGETABLE

	=		=	
1/2 cup cooked vegies or legumes		1 whole 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



Go for 2 & 5[®]
FRUIT VEG

An Australian Government, State and Territory health initiative.



Hungry to find out more?

For more information, and tips on how to get an extra serve of fruit and vegies in your day, visit

www.gofor2and5.com.au