

September is Fruit & Veg Month!

Take the **Fruit 'n' Veg Month Challenge** and... **Go for 2&5[®]**

Are you close to meeting your 2&5[®] requirements? If you're like most Australians, you're already half way there. Make it your goal to eat 2 serves of fruit and 5 serves of veg everyday during September.

It's easy!

Here are some ideas to get you started...

- Add an extra serve to what you already eat
- Have a fruit bowl at home or at your workdesk so you always have a healthy snack handy
- Try a new fruit or vegie each week
- When eating out, order a side salad or veggies
- Snack on vegie sticks

How much should you eat?

2 serves of fruit and 5 serves of vegetables is the recommended daily intake for adults for good health. The amount children should eat depends on their age, appetite and activity level.

What is a serve?

- One serve of vegetables is 75 grams or:



1/2 cup of cooked vegetables or cooked legumes = 1 medium potato = 1 cup of salad vegetables

- One serve of fruit is 150 grams of fresh fruit or:



1 medium-sized piece (e.g. an apple) = 2 smaller pieces (e.g. apricots) = 1 cup canned or chopped fruit.

Pick up your copy of **'Spring to life with Fruit and Veg!'** for quick and delicious recipes when you visit the Apple and Pear Growers Association stall in the Goyder Pavillion.

For more information visit www.gofor2and5.com.au



An Australian Government, State and Territory health initiative.



Government of South Australia
SA Health

August 2008