

It's Easy with Autumn Fruit and Veg!

March - May



Go for 2&5
FRUIT VEG

An Australian Government, State and Territory health initiative.



It's easy to find a way to get some extra fruit and vegies in your day this Autumn. Explore new tastes and try something new from the huge variety of locally grown fruit and veg.

Eating more fruit and veg doesn't have to mean hard work. It's easy to eat more, just follow these tips:

FRUIT

- Choose fruit as a snack
- Add fruit to breakfast cereal or yoghurt
- Try fresh fruit for dessert
- Blend fruit with low fat milk, yoghurt and ice for a frothy fruit smoothie.

VEGETABLES

- Try crunchy vegies with low fat dips as a snack
- Replace some of the meat on your plate with vegies (4 different types)
- Add extra vegies or legumes to soups, stews, pasta, stir fries and rice dishes
- Top English muffins or crumpets with diced vegies and sprinkle with reduced fat cheese for a quick mini pizza
- Add an extra serve of salad to your sandwich or roll.

How much should you eat?

Go for 2&5[®] of course! For adults, at least two serves of fruit and five serves of vegetables each day for good health. The amount children should eat depends on their age.

Fruit	Mar	Apr	May
Apples (Golden Delicious, Granny Smith, Hi Early, Jonathan, Jonagold, Red Delicious)	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Bananas	Heavy supply (SA Grown)	Heavy supply (SA Grown)	Heavy supply (SA Grown)
Blackberries	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Blueberries	Available (SA Grown)	Heavy supply (Aust Grown)	Heavy supply (Aust Grown)
Mulberries	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Raspberries	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Strawberries	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Custard Apples	Heavy supply (SA Grown)	Heavy supply (SA Grown)	Heavy supply (SA Grown)
Dates	Heavy supply (SA Grown)	Heavy supply (SA Grown)	Heavy supply (SA Grown)
Figs	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Grapes	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Grapefruit	Heavy supply (SA Grown)	Heavy supply (SA Grown)	Heavy supply (SA Grown)
Guavas	Available (SA Grown)	Heavy supply (Aust Grown)	Heavy supply (Aust Grown)
Honey Dew	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Kiwifruit	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Lemons	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Limes	Heavy supply (SA Grown)	Heavy supply (SA Grown)	Heavy supply (SA Grown)
Nashis	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Oranges (Valencia)	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Pawpaw	Heavy supply (SA Grown)	Heavy supply (SA Grown)	Heavy supply (SA Grown)
Papaya	Heavy supply (SA Grown)	Heavy supply (SA Grown)	Heavy supply (SA Grown)
Passionfruit	Heavy supply (SA Grown)	Heavy supply (SA Grown)	Heavy supply (SA Grown)
Pears (Buerre Bosc, Corella, Duchess, Josephine, Lemon Bergamot, Packham, Red Anjou, Paradise, Winter Nellis)	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Pineapple	Heavy supply (SA Grown)	Heavy supply (SA Grown)	Heavy supply (SA Grown)
Pomegranates	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Rhubarb	Available (SA Grown)	Available (SA Grown)	Available (SA Grown)
Rockmelon	Available (SA Grown)	Available (SA Grown)	Heavy supply (Aust Grown)
Starfruit	Heavy supply (SA Grown)	Heavy supply (SA Grown)	Heavy supply (SA Grown)
Watermelon	Available (SA Grown)	Available (SA Grown)	Heavy supply (Aust Grown)

Key

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Vegetables	Mar	Apr	May
Artichokes (Globe, Jerusalem)			
Avocado (Hass, Greenskin)			
Beans (Green, Butter)			
Beetroot			
Bok Choy			
Broccoli			
Broccolini			
Brussels Sprouts			
Cabbage (Common, Chinese)			
Capsicums (Gold, Green, Purple, Red)			
Carrots			
Cauliflowers			
Celeriac			
Celery			
Chokos			
Cucumbers			
Eggplant			
Fennel			
Horseradish			
Leeks			
Lettuce			
Marrow			
Mushrooms			
Okra			
Onions (Brown, Red, White)			
Parsnips			
Peas (Green, Snow, Sugarsnap)			
Potatoes (Bison, Coliban, Desiree, Gourmet)			

Vegetables	Mar	Apr	May
Pumpkins (Blue, Butternut, Golden Nugget, Jarradale, Jap)			
Radish			
Salsify			
Shallot Bulbs			
Shallots			
Silverbeet			
Spinach			
Squash			
Swedes			
Sweet Corn			
Sweet Potatoes			
Tomatoes			
Turnips			
Witlof			
Zucchini			

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Are you getting enough?

- Research shows that most South Australians would benefit from increasing their fruit and vegetable intake. The fact is, eating more fruit and veggies may be the single most important dietary change needed to improve health and reduce the risk of disease.
- South Australian adults eat on average 1½ serves of fruit and 2½ serves of vegetables each day – we need 2 serves of fruit and 5 serves of veggies...**so we are already half way there!**

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Government of South Australia
Department of Health