

Go for 2&5[®]

FRUIT VEG

choose fruit & veg for a quick snack!

We all know that feeling when 11 o'clock comes around and the stomach starts grumbling. It's not quite lunch time, so what time is it? For most of us, it's time for a little snack. It is tempting to grab a packet of potato crisps or a chocolate bar, but why not grab a piece of fruit or veg?

Fruit & veg make a perfect snack because they:

- Taste great
- Are low in kilojoules
- Are high in fibre, low in salt and have no added sugar
- Make a quick and easy snack which you can grab on the run
- Contribute to a healthy diet
- Help protect against diseases like heart disease and diabetes

Adults need at least 2 serves of fruit & 5 serves of veg every day to keep healthy.

Fruit & veg provide health benefits because they are packed full of vitamins and minerals. Junk food, on the other hand, lacks these important nutrients and is high in saturated fats, salt, added sugar and kilojoules.



	per serving		
	Kilojoules	Total Fat	Sugar
Apple (150g) - 1 serve of fruit	310kJ	0.2g	17.6g (natural)
Orange (150g) - 1 serve of fruit	240kJ	0.2g	11.9g (natural)
Carrot (75g) - 1 serve of veg	98kJ	0.1g	4g (natural)
Packet of potato crisps (50g)	1000kJ	16g	2g
Chocolate Bar (60g)	1150kJ	10.4g	36.7g
Hot chips (150g)	2310kJ	32.2g	0g

Did you know?

- A packet of crisps has 80 times more fat than an apple or an orange.
- A bucket of hot chips has over 20 times more kilojoules than a carrot!
- There is 3 times more (added) sugar in a 60g chocolate bar than a 150g orange (which has natural sugar).
- It takes 30 minutes of jogging to burn off the kilojoules in a chocolate bar.
- To work off a bucket of hot chips, it takes a 90 minute walk.

EATING MORE FRUIT & VEG IS EASY

It's easy to get 2 fruit & 5 veg into your diet. Grab an extra piece of fruit or veg for a snack. It's a quick and easy way to increase your daily fruit and veg intake. For more tips, visit the Go for 2&5[®] website.



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Government of South Australia
Department of Health