

Go for 2 & 5[®]

FRUIT VEG

and get great value for money

Many people hold the misconception that fruit and vegetables are expensive. While prices do vary, buying fruit and vegetables which are in season provides the best value for money, as well as the best taste. Choose in-season fruit and veg as a cheaper (and healthier!) option to junk food alternatives.

Fresh fruit and vegetables are un-processed foods. Generally, the more food is processed, with the addition of fat, sugar and salt, the more expensive it becomes and the less nutritional value it provides.

Are you getting value for your money?

| FOOD | PRICE PER SERVE | PRICE PER KG |
|-------------------------|-----------------|--------------|
| Apple (150g) | \$0.75 | \$4.98 |
| Orange (150g) | \$0.43 | \$2.85 |
| Carrot (75g) | \$0.15 | \$1.98 |
| Chocolate bar (60g) | \$1.53 | \$25.50 |
| Potato crisps (100g) | \$1.40 | \$13.96 |
| Medium hot chips (150g) | \$2.00 | \$13.33 |

Better value for money AND better for you!

We all know that fruit and vegies are good for us, but most adults in South Australia need to increase their daily intake. Adults need two serves of fruit and five serves of vegies every day to keep healthy.

Eating more fruit and vegies has huge health benefits like helping prevent overweight and obesity, heart disease and some forms of cancer, among other things. They are also full of vitamins and minerals and, above all, they taste great!

For more information and tips on getting more fruit and veg into your diet, log onto the campaign website:

www.gofor2and5.com.au



Government of South Australia
Department of Health