



## Hungry for Healthy Fast Food?

The Department of Health's *Healthy Food Fast* cookbook will help you put appetising healthy food on the table in no time. It's the quick and easy way to get 2 fruit and 5 veg into your day.

Just \$9.95 from newsagents, supermarkets and bookstores.

Phone 1300 135 030 for an order form.

For more recipes and tips visit [www.gofor2and5.com.au](http://www.gofor2and5.com.au)



Department of  
**Health**



**Go for 2&5**  
FRUIT VEG

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HP2281 Oct04 19730



How many  
serves of vegies  
did you really  
eat today?

Eating plenty of fruit and vegetables can help prevent heart disease, some cancers, overweight, obesity and constipation. They can also reduce blood pressure and blood cholesterol levels and improve diabetes control.

Health authorities recommend you eat at least 2 serves of fruit and 5 serves of vegetables each day for good health. The amount children should eat depends on their age, appetite and activity level.

**Scratch the panels to record the number of serves of fruit and vegies you eat each day.**

## WHAT IS A SERVE?

### FRUIT



1 medium piece  
(e.g. apple)

2 small pieces  
(e.g. apricots)

1 cup chopped  
or canned fruit








### VEGETABLE



1/2 cup cooked  
vegetables or  
cooked legumes

1 medium  
potato

1 cup salad  
vegetables

| Day       | Fruit   |   | Vegies  |   |   |   |   |
|-----------|---|---|---|---|---|---|---|
|           |  |  |  |  |  |  |  |
| Monday    | 1   | 2   | 1   | 2   | 3   | 4   | 5   |
| Tuesday   | 1   | 2   | 1   | 2   | 3   | 4   | 5   |
| Wednesday | 1   | 2   | 1   | 2   | 3   | 4   | 5   |
| Thursday  | 1   | 2   | 1   | 2   | 3   | 4   | 5   |
| Friday    | 1   | 2   | 1   | 2   | 3   | 4   | 5   |
| Saturday  | 1   | 2   | 1   | 2   | 3   | 4   | 5   |
| Sunday    | 1   | 2   | 1   | 2   | 3   | 4   | 5   |