

Media Release

SA Health

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EAT YOUR WAY TO A HEALTHY 2010

South Australians are being urged to start the New Year in the best way possible - by resolving to eat more fruit and vegetables.

SA Health's Director of Health Promotion, Michele Herriot, says the New Year is a great time for a fresh start and for people to think about how they can incorporate more fruit and veg into their daily diets.

"With all the fresh summer fruits and vegetables in season, now is the perfect time to start your new healthy way of living," Michele Herriot said.

"Most South Australians only eat half the amount of fruit and vegetables recommended for good health. Adults should be eating at least five serves of vegetables and two serves of fruit each day.

"Eating plenty of fruit and vegetables not only contributes to good health but also helps you maintain a healthy weight and protects against a number of diseases, including heart disease, some forms of cancer and obesity.

"Most people know the benefits of eating fruit and vegetables but many think that it is too expensive or too difficult to incorporate that many serves into their daily diets and many are unsure as to what a correct serving size is."

As a guide, one serve of vegetables is half a cup of cooked vegetables, a medium potato or 1 cup of salad vegetables, while one serve of fruit is 1 medium piece of fruit (e.g. an apple), two small pieces (e.g. apricots) or 1 cup of chopped or canned fruit.

There are many simple, inexpensive and tasty ways to improve your diet including adding more fruit or vegetables into your daily meals:

- Have breakfast every day: top your morning toast with cooked mushrooms, tomatoes, capsicum or sliced banana or add fruit to your cereal with reduced fat milk.
- Eat fruit and vegetables for snacks instead of fatty sugary foods like cakes, potato crisps, lollies and chocolates.
 - Cut up carrot, celery, broccoli, cauliflower and capsicum strips.
 - Freeze grapes, bananas and strawberries for another healthy snack – perfect for summer.
- Eat more vegetables with your meals:
 - Add an extra serve of vegies or lentils per person to stir-frys, casseroles, pasta and rice dishes (and remember to cut out the deep fried veg such as chips).
 - Marinate and grill some eggplant, capsicum and zucchini on the bbq.
 - Grate carrot, beetroot and cucumber to add more vegetables and colour to your salad or sandwich.
- Also, drink water instead of sugary drinks like soft drinks, sports drinks and energy drinks. And if you drink fruit juice, limit this to half a cup each day.

For more tips and recipes, go to: <http://www.gofor2and5.com.au>

For more information

Call the SA Health Media Line
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