

# Go for 2&5<sup>®</sup> tip of the day

Add grapes,  
strawberries,  
dried fruit or  
sliced pear and apple  
to a cheese platter.

It's easy to get more fruit and vegies in your day.

[www.gofor2and5.com.au](http://www.gofor2and5.com.au)



An Australian Government, State and Territory health initiative.



Government of South Australia

Department of Health