

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

Grilled veggie kebabs  
are great at BBQs.

Try mushrooms,  
capsicums, cherry  
tomatoes and zucchini.

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