

Go for 2&5[®]

FRUIT

VEG



WHY GO FOR 2&5*?

Eating plenty of fruit and vegetables can help protect against heart disease, some cancers, overweight, obesity and constipation. It also helps reduce blood pressure and blood cholesterol levels and improve diabetes control. It is recommended adults eat at least 2 serves of fruit and 5 serves of vegetables every day. For children, serves should be adjusted for their age.

WHAT IS A SERVE?

FRUIT



1 medium piece
(eg apple)

2 small pieces
(eg apricots)

1 cup chopped
or canned fruit

VEG



1/2 cup cooked
vegetables or
cooked legumes

1 medium
potato


1 cup salad
vegetables


BBQ VEGIES



Go for 2&5[®]
FRUIT VEG

An Australian Government, State and Territory health initiative.

 7 minutes preparation + 10 minutes cooking

 6 serves of vegies in this recipe

Ingredients:

1 tablespoon olive oil

Juice of 1 lemon

1 large red onion, cut into wedges

3 flat mushrooms, sliced thick

3 baby eggplants, halved lengthways

3 baby zucchinis, halved lengthways

1 red capsicum, seeded and cut into six

3 yellow squash, halved

3 firm ripe tomatoes, halved

Olive or canola oil spray

Method: Combine oil and juice in a small bowl. Brush vegetables with this mixture. Heat BBQ and lightly spray with oil.

Barbecue vegetables until tender (about 10 minutes depending on thickness), turning after 5 minutes. Serves 6.



EGGPLANT



Selection: Choose firm, dark and shiny eggplant heavy for its size. It should have flesh that bounces back when lightly pressed. Avoid those with brown spots or shrivelled skin.

Storage: In an airtight bag in refrigerator crisper.

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