

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


STUFFED POTATOES



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FRUIT VEG

An Australian Government, State and Territory health initiative.

 5 minutes preparation
+ 10 minutes cooking

 11 serves of vegies in this recipe

Ingredients:

- 4 large potatoes, washed
- 425g can baked beans
- 1 large tomato, chopped
- 1 small green capsicum, chopped
- 1/2 cup grated low-fat cheese

Garden salad to serve:

- Butter lettuce leaves
- Cucumber
- Cherry tomatoes

Method: Pierce potatoes several times with a skewer or fork. Microwave on high for 12 minutes. Allow to stand for 5 mins. Place baked beans, tomato and capsicum in a microwave safe bowl, cook on high 1 minute, stir, then cook a further minute or until heated through.

Cut potatoes in half. Scoop out a spoonful of the cooked flesh. Pile bean mixture back into potato skins. Top with grated cheese. Reheat in microwave for 3 minutes. Serve with a garden salad on side. Makes 4



POTATOES



Selection: Choose unblemished potatoes with no visible scars, damage or greening.

Storage: Remove from plastic bags and store alone in a cool, dark, dry place away from onions.

For more recipes and tips www.gofor2and5.com.au