

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

TROPICAL PIZZA

Quicker than picking up takeaway pizza!



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FRUIT VEG

An Australian Government, State and Territory health initiative.

 5 minutes preparation
+ 10-15 minutes cooking

 5 serves of vegies in this recipe

Ingredients:

- 25cm pizza base or Turkish bread
- 1/4 cup tomato pasta sauce
- 100g ham, chopped
- 225g can pineapple pieces (in natural juice), drained
- 1 medium red or green capsicum, seeded and chopped

- 100g mushrooms, sliced
- 100g grated Mozzarella cheese
- 1 tablespoon chopped herbs (parsley, oregano and/or basil) or a pinch of dried mixed herbs

Method: Preheat oven to 200°C. Spread pizza base with pasta sauce. Top with ham, pineapple, capsicum, mushrooms and cheese. Sprinkle with herbs. Bake for 10-15 minutes until heated through and browned. Serves 4.



CAPSICUM



Selection: Choose capsicum with firm glossy skins, no spots or shrivel.

Storage: In an airtight bag in refrigerator crisper.

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