

September is Fruit & Veg Month!

Take the **Fruit 'n' Veg Month Challenge** and... **Go for 2&5[®]**

Are you close to meeting your 2&5[®] requirements? If you're like most Australians, you're already half way there. Make it your goal to eat 2 serves of fruit and 5 serves of veg everyday during September.

It's easy!

Here are some ideas to get you started...

- Add an extra serve to what you already eat
- Have a fruit bowl at home or at your workdesk so you always have a healthy snack handy
 - Try a new fruit or vegie each week
- When eating out, order a side salad or vegies
 - Snack on vegie sticks

How much should you eat?

2 serves of fruit and 5 serves of vegetables is the recommended daily intake for adults for good health. The amount children should eat depends on their age, appetite and activity level.

What is a serve?

- One serve of vegetables is 75 grams or:



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1/2 cup of cooked vegetables or cooked legumes

1 medium potato

1 cup of salad vegetables

- One serve of fruit is 150 grams of fresh fruit or:



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1 medium-sized piece (e.g. an apple)

2 smaller pieces (e.g. apricots)

1 cup canned or chopped fruit.



Go for 2&5[®]

An Australian Government, State and Territory health initiative.



Government of South Australia
SA Health