

# Go for 2&5<sup>®</sup>

FRUIT VEG

## How many serves of fruit and vegetables do you eat every day?

Currently South Australians only eat around half the recommended amount of fruit and vegetables every day. Most of us only manage one and a half serves of fruit and two and a half serves of vegetables each day. What we should be aiming for is at least two serves of fruit and five serves of vegetables.

While most people know we should be eating more fruit and vegetables, some of us struggle with how to do it. Here are some tips to help you get more fruit and veggies into your day. No matter if it's breakfast, a snack or a main meal, when it comes to fruit and veg, always go for more!

### Breakfast

- Top toast with cooked mushrooms, tomatoes, capsicum or sweet corn.
- Add vegetables to an omelette or grate in apple and pear to a pancake.
- Heat chopped left over vegetables and serve as a topping on toast.
- Add fresh or canned fruit to breakfast cereal
- Top toast with sliced banana.

### Snacks

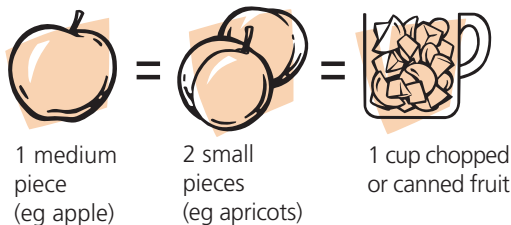
- Top English muffins or crumpets with diced vegetables and sprinkle with reduced fat cheese for a quick mini pizza.
- Serve carrot and celery sticks, florets of broccoli and cauliflower and strips of capsicum with a low fat dip.
- Pack fresh fruit and vegetables for a snack at any time.
- Freeze grapes, oranges, strawberries or bananas for an icy snack.

### Main meals

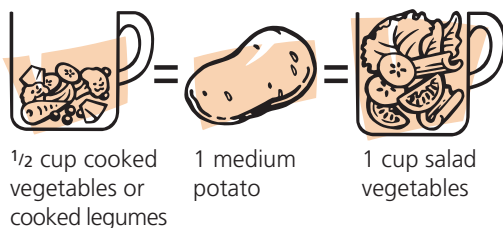
- Add extra veggies to your stir-fry, casserole, pasta and rice dishes.
- Add veggies in season to soups for extra flavour.
- Incorporate veggies, dried peas, beans or lentils to recipes for patties, meatloaves and stuffings.
- Serve all meals with cooked vegetables or salad.
- Make wedges out of potato, sweet potato, parsnip and pumpkin.
- Add fruit to savoury salads.
- Fruit salads, fruit skewers or pureed fruit make a tasty and nutritious dessert!

## WHAT IS A SERVE?

### FRUIT



### VEGETABLE



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Government of South Australia  
Department of Health