

# Healthy fast food for your kids.

## Two serves of fruit and five serves of vegies.

Most people know that fruit and vegies are good for you. For good health, it's recommended you eat 2 serves of fruit and 5 serves of vegies every day.

For children, of course, serves should be adjusted according to their age.

## So how do I get my daily '2 & 5'?

There are lots of ways you can get an extra serve of fruit and vegies into your day.

### What is a serve?



½ cup cooked vegies



1 whole medium potato



1 cup salad vegies



1 medium piece (e.g. apple)



2 small pieces (e.g. apricots)



1 cup canned or chopped fruit

## Vegetable Tips

**BREAKFAST** Try mushrooms, tomatoes, sweet corn, baked beans or capsicum as the ultimate in toast toppings.

**SNACKS** Children love raw vegies. Serve carrot and celery sticks, florets of broccoli, and strips of capsicum.

**MAIN MEALS** Make your meat go further by adding extra vegetables in a stir-fry or casserole.

## Fruit Tips

**BREAKFAST** Top off your cereal, toast or yoghurt with your favourite fruit.

**SNACKS** Freeze bananas, grapes, strawberries and oranges for a super snack.

**MAIN MEALS** As well as adding fruit to your salads, try it with baked fish or chicken. Delicious!

**DESSERTS** Serve fresh, seasonal fruits, or try pureed stewed fruit as the perfect topping.

## Hungry to find out more?

For further information, plus more tips on how to get an extra serve of fruit and vegies in your day, simply contact

[www.healthyactive.gov.au](http://www.healthyactive.gov.au)  
1800 020 103



Go for 2&5<sup>TM</sup>  
FRUIT VEG



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