

# Go for 2&5<sup>®</sup>

FRUIT VEG



## WHY GO FOR 2&5\*?

Eating plenty of fruit and vegetables can help protect against heart disease, some cancers, and help maintain a healthy weight. 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  
(e.g. apple)

=



2 small pieces  
(e.g. apricots)

=



1 cup chopped  
or canned  
fruit

### VEG



1/2 cup  
cooked veges  
or legumes

=



1 whole  
medium potato

=



1 cup  
salad veges

For healthy eating information  
visit [www.healthyactive.gov.au](http://www.healthyactive.gov.au)




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# RHUBARB AND PEAR CRUMBLE



 20 minutes preparation  
+ 20-30 minutes cooking

4 pears peeled, cored and diced  
2 cups rhubarb (4 stalks), diced  
2 tablespoons sugar  
2 tablespoons water

## Crumble

2 tablespoons honey  
2 teaspoons margarine  
1 1/4 cups untoasted muesli  
1/2 cup plain flour



7 serves of fruit

Preheat oven to 180°C. Place pears, rhubarb, sugar and water in a saucepan, cover and cook for 8–10 minutes until softened. Spoon fruit into an ovenproof dish. Combine honey and margarine in a small bowl and microwave on HIGH (100%) for 20 seconds. In a separate bowl, combine muesli and flour. Stir in honey mixture, mixing until the crumble resembles coarse breadcrumbs. Spread over fruit and bake for 20–30 minutes until golden. Serve hot. Serves 6.

## Variation

Substitute nashi fruit or apples for pears.

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An Australian Government, State and Territory health initiative.

PEAR



**Selection**

Choose fairly firm fruit that is unblemished.

**Storage**

Firm unripe fruit can be kept at room temperature where it will change from hard green to ripe yellow, which will be full of juice and flavour.

**Uses**

Eat fresh, salads, sliced on platters, poached, pies, tarts, crumbles, cakes and muffins.