

Go for 2 fruit and 5 vegies for good health.



Two serves of fruit and five serves of vegies.

Most people know that fruit and vegies are good for you. It's recommended you eat at least 2 serves of fruit and 5 serves of vegies every day. For children, of course, serves should be adjusted according to their age.

As a group, fruit and vegies are particularly rich in vitamins, minerals, and contain other important nutrients such as folate, dietary fibre and potassium. Legumes (eg. dried peas, beans, lentils and chick peas) contain protein and fibre.

Fresh is best. Canned and frozen fruit and vegetables can be a convenient alternative when fresh isn't available, but look for varieties without added salt or sugar.

So how much is a serve?

VEGETABLE



1/2 cup
cooked vegies
or legumes

=



1 medium
potato

=



1 cup
salad vegies

FRUIT



1 medium piece
(e.g. apple)

=



2 small pieces
(e.g. apricots)

=



1 cup chopped
or canned fruit

As a guide, one serve of vegies is about half a cup of cooked vegetables, one medium potato, or one cup of salad vegetables.

One serve of fruit is one medium piece (e.g. apple), two small pieces (e.g. plums) or one cup of chopped or canned fruit.

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, visit www.healthyactive.gov.au or call **1800 020 103**.



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