

# Go for 2&5<sup>TM</sup>

FRUIT VEG



## WHY GO FOR 2&5<sup>TM</sup>?

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)



Australian Government  
Department of Health and Ageing



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An Australian Government, State and Territory health initiative.

# VEGIE FRITTATA



15 minutes preparation  
+ 30 minutes cooking



19 serves of vegies

- 1 teaspoon vegetable oil
- 1 medium onion, sliced
- 500g sweet potato, peeled and thinly sliced
- 1/4 cup water
- 420g can sweet corn kernels (or 1 corn cob, cooked)
- 2 cups broccoli, cut into florets
- 60g grated reduced-fat cheddar (or 30g grated Parmesan cheese)
- 6 eggs
- 1/2 cup low-fat milk

Preheat oven to 180°C and grease a 20cm square baking tin with oil. Combine onion, sweet potato and water in a large bowl, cover with cling film and microwave on HIGH (100%) for 3 minutes. Add broccoli and microwave on HIGH (100%) for a further 2 minutes. Layer baking tin with half the sweet potato and top with corn, broccoli, onion and remaining sweet potato. Whisk eggs and milk, pour over vegetables, top with cheese and bake for 30 minutes or until firm in the centre. Serves 4.

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SWEET  
POTATO



- Storage** In a cool, dark, well-ventilated place, maybe in the potato box.
- Selection** Avoid those that are cracked, bruised or soft.
- Uses** Soups, curries, stir-fries and vegetable side dishes.