

Go for 2&5TM

FRUIT VEG



WHY GO FOR 2&5TM?

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 vegies
or legumes

=



1 whole
medium potato

=



1 cup
salad vegies

For healthy eating information
visit www.healthyactive.gov.au



Australian Government
Department of Health and Ageing



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An Australian Government, State and Territory health initiative.

APPLE AND BANANA HOT CAKES



 10 minutes preparation
+ 20 minutes cooking



5 serves of fruit

- 2 eggs
- 2 teaspoons margarine, melted
- 2½ cups low-fat milk
- 2 cups self-raising flour
- 2 tablespoons sugar
- 3 medium apples, peeled, cored and grated
- 1 teaspoon vegetable oil
- 2 ripe bananas, sliced
- 1 tablespoon honey

In a large bowl beat eggs, margarine and milk. In a separate bowl mix flour and sugar and gradually stir into wet mixture until smooth. Fold in apple. Heat oil in a non-stick pan over medium heat. Add 2-3 tablespoons of mixture, flip when bubbles appear in the centre of the hotcake and cook until golden brown. Serve with banana and drizzled honey. Makes 10.

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APPLE



Storage

To retain crispness and freshness, store under refrigeration in a vented container.

Selection

Choose a firm fruit, avoid bruises and blemishes.

Preparation

To prevent discolouration brush cut surfaces with any citrus juice.