



## FACT SHEET FRUIT AND VEGETABLE SERVES

### General healthy eating information

The *Australian Guide to Healthy Eating* provides information about the amounts and kinds of food that you need to eat each day to get enough of the nutrients essential for good health and wellbeing.

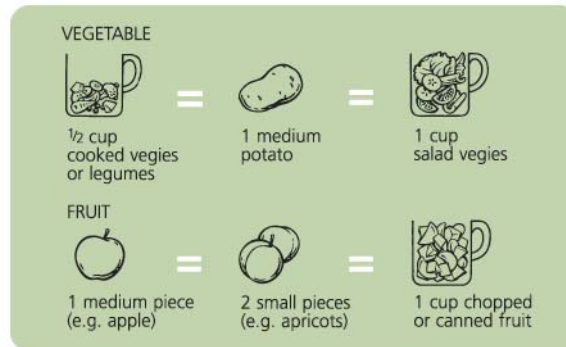


- The main food groups described in the guide include:
  - bread, cereals, rice, pasta, noodles
  - vegetables, legumes (for example, dried peas, beans, lentils)
  - fruit
  - milk, yoghurt, cheese
  - meat, fish, poultry, eggs, nuts, legumes.

- Fruit and vegetables are an important part of healthy eating:
  - Vegetables and legumes are a good source of vitamins, minerals, dietary fibre and carbohydrate.
  - Fruit is a good source of vitamins, including vitamin C and folate. It also provides carbohydrates, in particular, natural sugars and fibre. Juices belong to this group, but they have a much lower fibre content than fresh fruit.

There are other foods that may be eaten sometimes or in small amounts.

## Serve sizes



- A serve of fruit is:
  - 1 medium piece, eg, apple, banana, orange, pear
  - 2 small pieces, eg, apricots, kiwi fruit, plums
  - 1 cup diced pieces or canned fruit
  - ½ cup juice
  - dried fruit, eg, 4 dried apricot halves, 1 ½ tablespoons sultanas.
- A serve of vegetables or legumes is:
  - 75g or ½ cup cooked vegetables
  - 75g or ½ cup cooked dried beans, peas or lentils
  - 1 cup salad vegetables
  - 1 potato.

## Serve recommendations

There are many ways to have a healthy diet. The amount and type of food needed will vary according to factors such as age and gender, and pregnancy and breastfeeding.

The Go for 2&5™ program encourages adults to eat two serves of fruit and five serves of vegetables each day.

For children, the minimum number of serves are based on age, as follows:

- 4-7 years            1 serve of fruit & 2 serves of vegetables
  - 8-11 years         1 serve of fruit & 3 serves of vegetables
  - 12-18 years       3 serves of fruit & 4 serves of vegetables
- In reality, the amount a child will eat at one time will depend on age, appetite and activity levels.

One serve can include a combination of fruit or vegetables, and may be eaten in several smaller portions during the day. For example, a four year old may eat half an apple and half a banana during the day, making one serve of fruit.

## **Practical suggestions**

- Eat a variety of vegetables every day. Include:
  - dark green vegetables, such as spinach and broccoli
  - orange vegetables, such as sweet potato, pumpkin and carrots
  - cruciferous vegetables, such as broccoli, cauliflower, cabbage, brussel sprouts
  - starchy vegetables, such as potatoes, sweet potato, taro and corn
  - salad vegetables, such as lettuce, tomato, cucumber and capsicum
  - legumes, such as dried peas, beans, lentils and chick peas.
  
- Eat a wide variety of fruit each week. Include:
  - apples and pears
  - citrus fruit, such as oranges and mandarins
  - tropical fruit, such as bananas and pineapple
  - melons, such as honeydew melon, or rockmelon
  - berries
  - grapes
  - stone fruit, such as apricots and peaches.

## **Further information**

For further information on healthy eating or a free copy of the *Australian Guide to Healthy Eating*, visit web site [www.healthyactive.gov.au](http://www.healthyactive.gov.au)

All information in this fact sheet comes from the *Australian Guide to Healthy Eating*.