

Go for 2 and 5!

Most Australians eat only about half the recommended amount of fruit and vegetables. You need to eat 2 serves of fruit and 5 serves of vegetables every day (a serve is roughly a handful of fruit or veg).

Here are some handy tips for getting more fruit and veg into your day:

- Add leftover vegies to an omelette for a healthy and filling breakfast
- Bananas, strawberries or tinned fruits can be blended along with milk, yoghurt or juice for a delicious fruit smoothie
- English muffins topped with diced vegies and cheese can be turned into a quick mini pizza: a great idea for the lunchbox!
- Have low fat dips with carrot and celery sticks instead of crackers
- Add lots of vegies to stir-fry, casseroles and curries
- Beans or lentils taste great when added into soups
- Chop different fruits and mix them with natural yoghurt for a sweet and healthy dessert

More great ideas can be found at www.gofor2and5.com.au



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Health

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