

Benefits of eating fruits and vegetables

The Dietary Guidelines for Australians advises that the key to eating well is to enjoy a variety of nutritious foods from each of the five food groups.

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

Fruits and vegetables have many benefits:

- Reduce your risk of getting some cancers
- Maintain a healthy weight
- Keep you regular
- Reduce your risk of cardiovascular conditions
- Lower your blood pressure
- Boost your immune system

Try the following to get more fruit and veg into your diet:

- Eat fruit as a healthy snack
- Add pieces of cut up fruit to your cereal
- Blend different fruits along with a little bit of water and yoghurt to make a fruit smoothie
- Use carrots, celery, capsicum or cucumber with dips instead of crackers
- Add canned lentils to a curry or even a spaghetti sauce
- Have a warm vegetable soup in winter
- Have a refreshing garden salad in summer

For more great ideas on how to get enough fruit and veg, visit www.go4or2and5.com.au.



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