

## Go for 2 and 5!

Most Australians eat only about half the recommended quantity 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).

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 and ice 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 fries, 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](http://www.gofor2and5.com.au)



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