

EAT MORE

FRUIT AND VEG

Go for **2** serves of fruit and **5** serves of vegetables each day to help prevent:

- ▲ Constipation
- ▲ Heart disease
- ▲ Stroke
- ▲ Some cancers
- ▲ Overweight and obesity

Eating plenty of fruit and veg can also reduce your blood pressure and cholesterol levels, and improve control of type 2 diabetes.

What is a serve?

One serve is:

Vegetables



- 1/2 cup frozen 75g
- 1/2 cup beans, peas or lentils 75g
- 1 cup raw 75g
- 1/2 cup canned 75g
- 1/2 cup cooked 75g
- 1 cup salad leaves 75g

Fruit



- 1 cup chopped or canned 150g
- 2 small pieces 150g
- 2 small pieces 150g
- 1 medium piece 150g
- 1 medium piece 150g
- 1 1/2 tbs dried fruit 150g

Partner:



Government of **Western Australia**
Department of **Health**



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An easy way to get a good variety of fruit and vegetables is to think colour instead!

Eat all the colours of the rainbow to give your body the right mix of vitamins, minerals, phytochemicals (nutrients found naturally in plants) and antioxidants for good health.

Canned and frozen varieties are nutritious, convenient, and often cheaper than fresh produce.



Greens



Reds



Oranges & yellows



Purples & blues



Whites & browns

TIPS TO EAT MORE FRUIT AND VEGETABLES



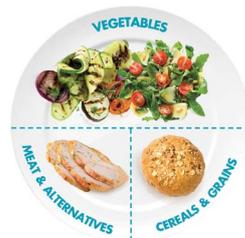
- ▲ **Bulk out dishes with canned lentils and beans.** Add to spaghetti bolognese, soups, stews and burritos.



- ▲ **Beat the snack attack.** Bring fruit with you when you go out so you have a snack ready to go when hunger strikes.



- ▲ **Munch on veggie sticks and hummus as a snack.**



- ▲ **Fill half your plate with vegetables.**



- ▲ **Sneak in fruit and veg.** Add grated carrot, zucchini, pear or apple to muffin and cake mixtures.



- ▲ **Cook up a batch of vegetable soup.** It's a great way to use up leftover vegetables at the end of the week.



- ▲ **Go fruity for desserts.** For a healthy dessert, try yoghurt, fruit and muesli cups.



- ▲ **Introduce meat-free Mondays.** Get a chance to improve your veggie cooking skills by going meat-free once a week.

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