

**GO FOR**

**2 FRUIT & 5 VEG**



Fruit and vegetables help us stay healthy and can stop us putting on weight.

**Have 2 serves of fruit and 5 serves of vegetables every day**

**What is a serve?**

One serve is:

**Fruit**

- 1 medium piece (apple)
- 2 small pieces (plum)
- 30g dried fruit
- 2 small pieces (peach)
- 1 medium piece (banana)
- 1 cup chopped or canned (fruit salad)

**Vegetables**

- 1/2 cup cooked (potatoes)
- 1/2 cup beans, peas or lentils
- 1 cup salad leaves
- 1/2 cup cooked (broccoli)
- 1/2 cup canned (beetroot)
- 1 cup raw (vegetable sticks)