

# Go for 2&5<sup>®</sup>

FRUIT VEG



## WHY GO FOR 2&5<sup>®</sup>?

Eating plenty of fruit and vegetables can help protect against heart disease, some cancers, and help maintain a healthy weight. It also helps reduce blood pressure and blood cholesterol levels and improve diabetes control. It is recommended adults eat at least 2 serves of fruit and 5 serves of vegetables every day. For children, serves should be adjusted for their age.

## WHAT IS A SERVE?

### FRUIT



1 medium piece  
(e.g. apple)

=



2 small pieces  
(e.g. apricots)

=



1 cup  
chopped or  
canned fruit

### VEG



½ cup  
cooked vegies  
or legumes

=



1 whole  
medium potato

=



1 cup  
salad vegies

For healthy eating information visit [www.gofor2and5.com.au](http://www.gofor2and5.com.au)

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NSW  HEALTH

  
Go for 2&5<sup>®</sup>  
FRUIT VEG

An Australian Government, State  
and Territory health initiative.

# WRAPS




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 10 minutes preparation

 4 serves of vegies in this recipe

### Ingredients:

2 large tortillas

2 large lettuce leaves, washed and dried

1/2 cup low-fat cottage cheese

1 large ripe tomato, chopped

1/4 red onion, chopped

1 small Lebanese cucumber, chopped

4 walnut halves

**Method:** Warm tortillas in microwave on HIGH (100%) for 40 seconds. Lay a lettuce leaf on each tortilla, then top with cheese, tomato, onion, cucumber and walnuts. Wrap one end of the tortilla enclosing the filling then fold over sides. Serve immediately.

Serves 2.

**Variations:** Sliced lean meats and chutney or sliced chicken and snow pea shoots may replace the cottage cheese.

CUCUMBER



**Selection:** Choose firm, fresh, dark green cucumbers.

**Storage:** In refrigerator crisper. Use as soon as possible after purchase.

Live Life Well  
NSW HEALTH

For more recipes and tips [www.gofor2and5.com.au](http://www.gofor2and5.com.au)