

Go for 2&5[®]

FRUIT VEG

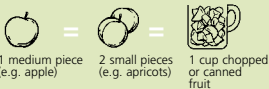


WHY GO FOR 2&5*?

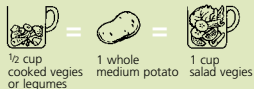
Eating plenty of fruit and vegetables can help protect against heart disease, some cancers, and help maintain a healthy weight. It also helps reduce blood pressure and blood cholesterol levels and improve diabetes control. It is recommended adults eat at least 2 serves of fruit and 5 serves of vegetables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

WHAT IS A SERVE?

FRUIT



VEG



For healthy eating information
visit www.healthyactive.gov.au




Australian Government
Department of Health and Ageing



An Australian Government, State and Territory health initiative.

CHICKEN BURGERS



 15 minutes preparation
+ 5 minutes cooking

500g chicken mince
100g mushrooms, roughly chopped
1 stick celery, roughly chopped
1 onion, roughly chopped
1 large sprig parsley
1 egg
2 teaspoons reduced-salt soy sauce
1/2 - 1 cup fresh breadcrumbs
A little flour to shape patties
Olive or canola oil spray
6 wholemeal rolls
3 lettuce leaves, shredded
1 tomato, sliced



8 serves of vegies

Place mince in a large bowl and process all other ingredients in a food processor until smooth. Mix with chicken mince and enough breadcrumbs to make a soft but manageable texture. Divide mixture into six and shape with a little flour to round patties larger than the width of the rolls. Spray a non-stick pan with oil and cook for 4–5 minutes on each side until brown and cooked through. Serve on a roll with lettuce, tomato and cucumber slices. Makes 6.

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TOMATOES



Selection
Storage

Select bright coloured tomatoes free from blemish. At room temperature away from direct sunlight to allow for natural ripening. To avoid over-ripening tomatoes can be stored in refrigerator crisper.

Uses

Sandwiches, salads, soups, casseroles, vegetable side dishes, sauces and dressings.