

# Go for 2&5<sup>®</sup>

FRUIT VEG

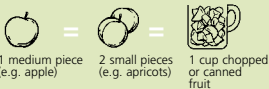


## WHY GO FOR 2&5\*?

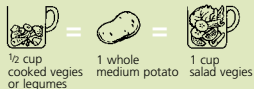
Eating plenty of fruit and vegetables can help protect against heart disease, some cancers, and help maintain a healthy weight. It also helps reduce blood pressure and blood cholesterol levels and improve diabetes control. It is recommended adults eat at least 2 serves of fruit and 5 serves of vegetables 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](http://www.healthyactive.gov.au)

# TROPICAL PIZZA FINGERS



 15 minutes preparation  
+ 15 minutes cooking

1 French stick, (preferably wholemeal or wholegrain) halved lengthways

200mL tomato pasta sauce

2 large ripe tomatoes, diced

1 medium green capsicum, seeded and diced

150g lean ham, chopped

440g can pineapple pieces (in natural juice), drained

100g each reduced-fat Mozzarella and reduced-fat cheddar cheese, grated



5 serves of vegies  
+ 2 serves of fruit

Preheat oven to 180°C. Stand the French stick cut side up on a paper-lined baking tray. Spread tomato pasta sauce on both bread halves. Top with ingredients, sprinkling the cheese last. Bake in oven for 15 mins or until heated through. Cut each pizza into 3-4. Serves 6-8.

## Variation

Substitute a plain Foccacia slab, split horizontally, for the French stick. English muffins may also be used as the base.

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Australian Government  
Department of Health and Ageing



An Australian Government, State and Territory health initiative.

CAPSICUM



**Selection** Choose capsicum with firm glossy skins, no spots or shrivel.

**Storage** In an airtight bag in refrigerator crisper.

**Uses** Stir-fries, casseroles and salads, and stuffed with meat and rice mixtures.