

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



1 medium piece
(e.g. apple)



2 small pieces
(e.g. apricots)



1 cup chopped
or canned
fruit

VEG



1/2 cup
cooked vegies
or legumes



1 whole
medium potato



1 cup
salad vegies

For healthy eating information visit www.gofor2and5.com.au



Government of South Australia
SA Health


APPLE AND BANANA HOT CAKES




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An Australian Government, State and Territory health initiative.



 10 minutes preparation
+ 20 minutes cooking

 5 serves of fruit

- 2 eggs
- 2 teaspoons margarine, melted
- 2½ cups low-fat milk
- 2 cups self-raising flour
- 2 tablespoons sugar
- 3 medium apples, peeled, cored and grated
- 1 teaspoon vegetable oil
- 3 ripe bananas, sliced
- 1 tablespoon honey

In a large bowl beat eggs, margarine and milk. In a separate bowl mix flour and sugar and gradually stir into wet mixture until smooth. Fold in apple. Heat oil in a non-stick pan over medium heat. Add 2-3 tablespoons of mixture, flip when bubbles appear in the centre of the hotcake and cook until golden brown. Serve with banana and drizzled honey. Makes 10.

For more recipes and tips visit www.gofor2and5.com.au



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APPLE



Storage

To retain crispness and freshness, refrigerate in a vented container.

Selection

Choose a firm fruit, avoid bruises and blemishes.

Preparation

To prevent discolouration brush cut surfaces with any citrus juice.