

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, overweight, obesity and constipation. 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
(eg apple)

2 small
pieces
(eg apricots)

1 cup chopped
or canned fruit

VEG



1/2 cup cooked
vegetables or
cooked legumes

1 medium
potato

1 cup salad
vegetables


FAST VEGIE SPAGHETTI



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FRUIT VEG

An Australian Government, State and Territory health initiative.

 10 minutes preparation
+ 10 minutes cooking

 11 serves of vegies in this recipe

Ingredients:

- 500g spaghetti or other pasta
- 2 teaspoons vegetable oil
- 1 small onion, thinly sliced
- 1 small carrot, thinly sliced
- 1 small celery, thinly sliced
- 1/2 capsicum, seeded and cut into small dice
- 1 small zucchini, cut into small dice

570g tomato based pasta sauce
1/4 cup grated Parmesan cheese

Method: Cook pasta according to packet directions and drain. Heat oil in a saucepan, add onion and cook until soft.

Add other vegetables, stirring until well mixed. Lower heat, cover and cook for 5-7 minutes.

Add pasta sauce to vegetables and heat through. Remove from heat and serve over pasta. Sprinkle with cheese. Serves 4-6.



CELERY



Selection: Choose fresh bunches with tight formation. Avoid browned or cracked outside stalks.

Storage: Unwashed in an airtight bag in refrigerator crisper with top and base removed (any clean unblemished bases are good flavour for soups and stews).

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