

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


WRAPS



Go for 2&5[®]
FRUIT VEG

An Australian Government, State and Territory health initiative.

 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: Uln refrigerator crisper. Use as soon as possible after purchase.

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