



# It's easy to find a way to get some extra fruit and vegies in your day.

Most people know that fruit and vegetables are 'good for you'. The fact is, eating more fruit and vegies may be the single most important dietary change needed to improve health and reduce the risk of disease.

A lifetime habit of eating fruit and vegetables can help prevent:

- Coronary heart disease
- Some forms of cancer
- Overweight and obesity
- Constipation.

It can also:

- Reduce blood pressure and blood cholesterol levels
- Improve control of diabetes.

South Australian adults eat on average 1½ serves of fruit and 2½ serves of vegetables each day – we need 2 serves of fruit and 5 serves of vegies each day for good health.

It's easy to find a way to get some extra fruit and vegies in your day this Winter. With a huge variety of locally grown fruit and vegies available this season, it is a great time to broaden your palate and try something new.

## FRUIT

- Choose fruit as a snack
- Add fruit to breakfast cereal or yoghurt
- Try fresh fruit for dessert
- Blend fruit with low fat milk, yoghurt and ice for a frothy fruit smoothie.

## VEGETABLES

- Try crunchy vegies with low fat dips as a snack
- Replace some of the meat on your plate with vegies (4 different types)
- Add extra vegies or legumes to soups, stews, pasta, stir fries and rice dishes
- Top English muffins or crumpets with diced vegies and sprinkle with reduced fat cheese for a quick mini pizza
- Add an extra serve of salad to your sandwich or roll.

## WHAT'S IN SEASON

**FRUIT:** Apples (Fuji, Royal Gala, Golden Delicious, Granny Smith, Jonagold, Lady Williams, Pink Lady, Red Delicious), Bananas, Custard Apples, **Feijoas**, Grapefruit, Honey Dew, Kiwi Fruit, Lemons, Limes, Mandarin, Nashis, Oranges (Navel, Valencia), Pawpaw, Papaya, Passionfruit, Pears (Buerre Bosc, Corella, Josephine, Lemon Bergamot, Packham, Red Anjou, Winter Nellis), Pineapple, Rhubarb, Starfruit, Strawberries, Tamarillos, Tangelos, Watermelons.

\* Bold represents SA grown

**VEGETABLES:** Artichokes (Globe, Jerusalem), Avocado, Beans (Green, Butter), Beetroot, Bok Choy, Broccoli, Brussels Sprouts, Cabbage, Capsicums (Gold, Green), Carrots, Cauliflower, Celeriac, Celery, Chokos, Cucumbers, Fennel, Horseradish, Kale, Leek, Lettuce, Marrow, Mushrooms, Okra, Onions, Parsnip, Peas, Potatoes (Bison, Coliban, Desiree, Gourmet, Lasoda, Sebago), Pumpkins (Blue, Batternut, Golden Nugget, Jarradale, Jap), Radish, Salsify, Shallots, Silverbeet, Spinach, Squash, Swedes, Sweet Corn, Sweet Potato, Taro, Tomatoes, Turnip, Witlof, Zucchini.

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