

# Go for 2 & 5<sup>®</sup>

FRUIT VEG



## Two serves of fruit and five serves of vegies.

Most people know that fruit and vegies are good for you. For good health, it's recommended you eat at least 2 serves of fruit and 5 serves of vegies every day. For children, of course, serves should be adjusted according to their age.

### What is a serve?

#### VEGETABLE



1/2 cup  
cooked  
vegies or  
legumes



1 whole  
medium  
potato



1 cup  
salad  
vegies

#### FRUIT



1 medium  
piece  
(e.g. apple)



2 small  
pieces  
(e.g.  
apricots)



1 cup  
chopped  
or canned  
fruit



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For more information on healthy eating and physical activity for you and your family, go to:  
[www.gofor2and5.com.au](http://www.gofor2and5.com.au)  
[www.livelifewell.nsw.gov.au](http://www.livelifewell.nsw.gov.au)  
[www.healthykids.nsw.gov.au](http://www.healthykids.nsw.gov.au)  
[www.cancerinstitute.org.au](http://www.cancerinstitute.org.au)