

GO FOR 2 FRUIT & 5 VEG

Eating plenty of fruit and vegetables contributes to good health, protects us against a number of diseases and helps us maintain a healthy weight.

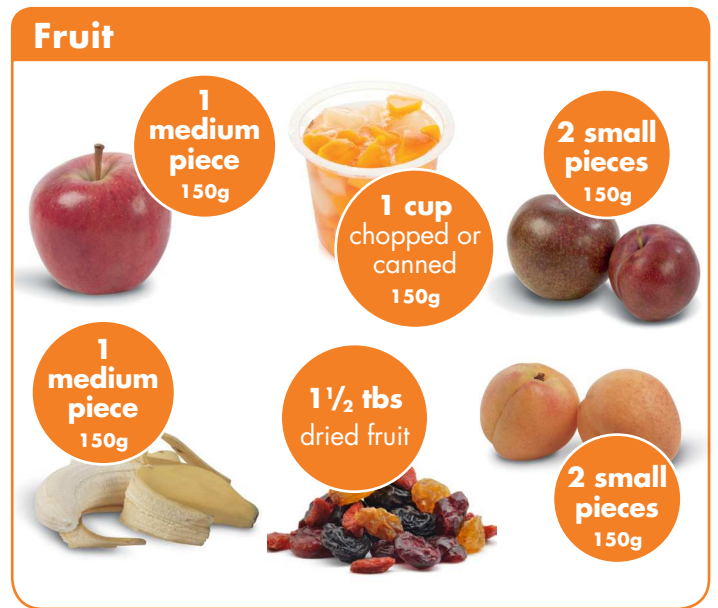
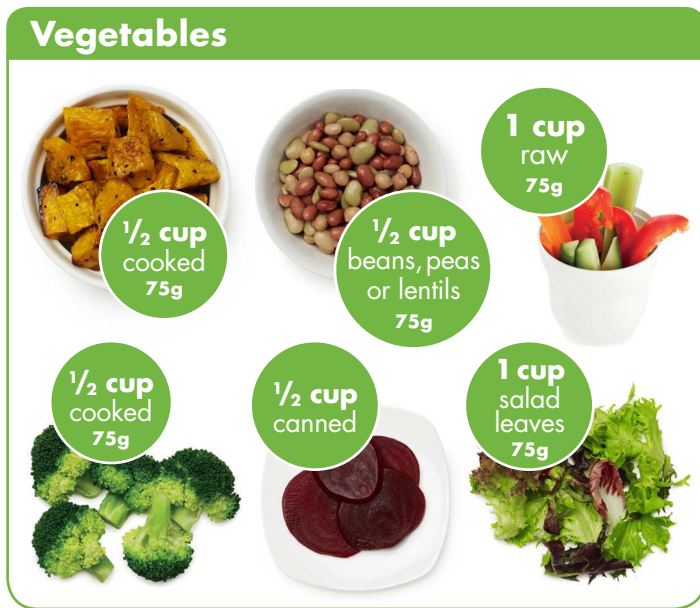
Eating at least **2** serves of fruit and **5** serves of vegetables each day can help prevent:

- Heart disease
- Some cancers
- Obesity
- Constipation

It can also reduce blood pressure and blood cholesterol levels, and improve control of type 2 diabetes.

What is a serve?

Serving sizes vary for different types of fruit and vegetables.



An easy way to get a good variety of fruit and vegetables is to think of colour instead!

Eating all the colours of the rainbow will give you a great mix of all the vitamins, minerals and fibre and plant nutrients, (called phytochemicals) needed for good health. The more colours you eat, the healthier you will be!



GREENS



REDS



ORANGES & YELLOWS



PURPLES & BLUES



WHITES & BROWNS

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