

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.

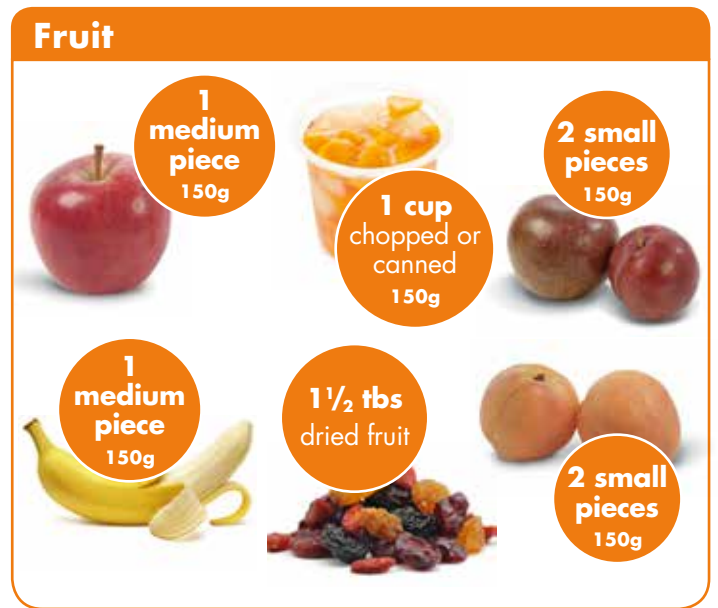
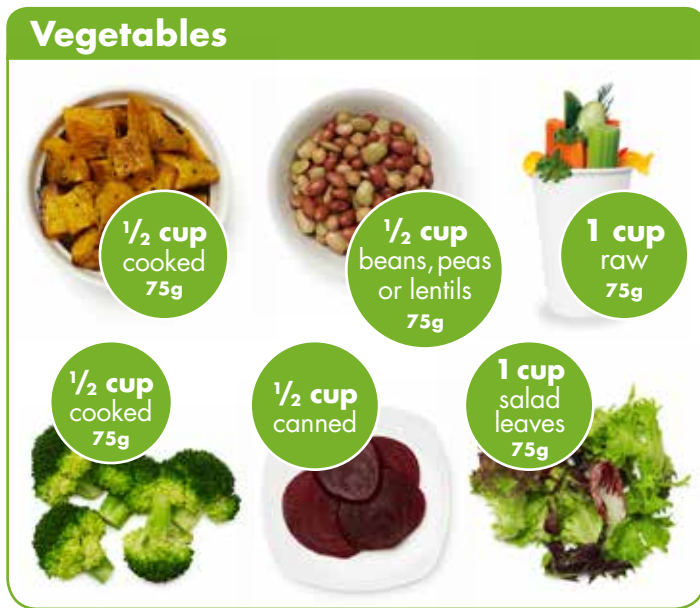
Eating at least **2** serves of fruit and **5** serves of vegetables each day can help prevent:

- 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!

