

## Why promote Go for 2 & 5?

Vegetables and fruit are an essential part of a healthy diet.

Eating vegetables and fruit is necessary for the healthy growth and development of children and teenagers, and to help maintain the health of adults throughout life.

Eating vegetables and fruit everyday can also help to prevent:

- Coronary heart disease
- Certain types of cancer
- Stroke
- Type 2 diabetes
- Overweight & obesity

Many Tasmanians don't eat enough vegetables and fruit. The 1995 National Nutrition Survey found that only 19% of adults ate enough vegetables and 42% ate enough fruit every day. So we need to encourage everyone to Go for 2 & 5!



## What message should I send?

If you are going to do a vegetable and fruit promotion activity, Go for 2 & 5 is the message you should send!

**Adults** should be encouraged to eat at least 5 serves of vegetables and 2 serves of fruit a day. Some adults have higher needs: pregnant women, breastfeeding women and active people.

**Children** should be encouraged to Go for 2 & 5 as well but the amount depends on their age and appetite:

- 4 to 7 years - 2 serves of vegetables daily
- 8 to 11 years - 3 serves of vegetables daily
- 4 to 11 years - 1 serve of fruit daily

Encourage people to add an extra serve of vegetables and fruit to the meals and snacks they already eat.

### What's a serve?

A serve of vegetables is 75 grams or ½ a cup of cooked vegetables, 1 cup of salad vegetables or a medium-sized potato.

A serve of fruit is 150 grams or a whole medium-sized piece of fruit (apple, pear), 2 small fruits (plums, apricots), a slice of large fruit (rock melon, water melon) or 1 cup of small fruits (grapes, cherries).

### What sort of vegetables and fruit?

- Try different varieties and different tastes
- Eat both raw and cooked vegetables and fruit
- Eat different coloured vegetables and fruit
- Eat fresh, seasonal and locally produced vegetables and fruit

For further information about promoting the Go for 2 & 5 message contact Eat Well Tasmania on (03) 6223 1266 or email: [mherzfeld@eatwelltas.org.au](mailto:mherzfeld@eatwelltas.org.au)

