



# Fruit and Vegetable Serves

## How many serves of fruit and vegetables should we be eating for good health?

*Go for 2 fruit and 5 vegetables* is a good rule of thumb for the family in general. More specifically, *The Australian Guide to Healthy Eating* identifies the serves for adults, adolescents and children according to their age and life stage.

The recommended minimum daily number of serves of fruit and vegetables for children and adolescents is as follows:

AGE OF CHILD (years)	FRUIT (serves)	VEGETABLES (serves)
4-7	1-2	2-4
8-11	1-2	3-5
12-18	3-4	4-9

Source: The Australian Guide to Healthy Eating

The recommended daily intake for adults is at least 2 serves of fruit and 5 serves of vegetables. Pregnant and breastfeeding women need to top up these amounts as shown below.

ADULT	FRUIT (serves)	VEGETABLES (serves)
Men & Women	2	5
Pregnant Women	4	5-6
Breastfeeding	5	7

Source: The Australian Guide to Healthy Eating

## General information

Enjoying a wide variety of healthy, nutritious foods, drinking plenty of water and leading an active lifestyle can help you achieve and maintain good health throughout your life.

*The Australian Guide to Healthy Eating* provides information about the amounts and kinds of food that you should eat each day to get enough of the nutrients essential for good health and wellbeing.

THE MAIN FOOD GROUPS DESCRIBED IN THE GUIDELINES ARE:

- Vegetables, fruit and legumes (for example, dried peas, beans, lentils)
- Cereals – bread, rice, pasta, noodles (preferably wholegrain)
- Dairy – milk, yoghurt, cheese (reduced fat varieties should be chosen where possible for adults and children over 2 years of age)
- Lean meat, fish and poultry

FRUIT AND VEGETABLES ARE AN IMPORTANT PART OF HEALTHY EATING. INCLUDING MORE FRUIT AND VEGETABLES AS PART OF A BALANCED DIET:

- Provides a good source of vitamins, minerals, dietary fibre and carbohydrate
- Can help protect against some forms of cancer, heart disease and Type 2 Diabetes
- Can help maintain a healthy weight





## Fruit and Vegetable Serves continued

### What is a serve?

ONE SERVE OF FRUIT IS 150 GRAMS OF FRESH FRUIT OR:

- 1 medium-sized piece (eg. apple)
- 2 smaller pieces (eg. apricots)
- 1 cup canned or chopped fruit
- ½ cup (125mL) 100% fruit juice
- 1½ tablespoon dried fruit (eg. sultanas or 4 dried apricot halves)

ONE SERVE OF VEGETABLES OR LEGUMES IS:

- ½ cup green leafy vegetables like cabbage, spinach, Brussels sprouts or cauliflower
- ½ cup of legumes such as cooked dried beans, peas or lentils
- ½ cup green beans, zucchini, mushrooms, turnips, swede or eggplant
- 1 cup salad vegetables such as tomatoes, capsicum, cucumber sprouts and celery
- 1 medium sized potato or parsnip

Source: The Australian Guide to Healthy Eating

The amount that a child will eat at one time will depend on age, appetite and activity levels.

One serve can include a combination of fruit or vegetables, and may be eaten in several smaller portions during the day. For example, a four year old may eat half an apple and half a banana during the day, making one serve of fruit.

Children are encouraged to eat a variety of fruit and vegetables every day. Including raw and cooked fruit and vegetables in a range of different colours can help achieve this.

### Practical suggestions to include more fruit and vegetables in your day

EAT A VARIETY OF VEGETABLES EVERY DAY, FOR EXAMPLE:

- **Dark green vegetables**, such as spinach and broccoli
- **Orange vegetables**, such as sweet potato, pumpkin and carrots
- **Leafy green vegetables**, such as broccoli, cauliflower, cabbage and Brussels sprouts
- **Starchy vegetables**, such as potatoes, sweet potato, taro and corn
- **Salad vegetables**, such as lettuce, tomato, cucumber and capsicum
- **Legumes**, such as dried peas, beans, lentils and chick peas

EAT A WIDE VARIETY OF FRUIT EACH WEEK FOR EXAMPLE:

- **Apples and pears**
- **Citrus fruit**, such as oranges and mandarins
- **Tropical fruit**, such as bananas and pineapple
- **Melons**, such as honeydew melon and rockmelon
- **Berries**
- **Grapes**
- **Stone fruit**, such as apricots and peaches

## Further information

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)

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