

FRUIT AND VEGETABLES - WHAT'S IN A SERVE?



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WHAT COUNTS AS A SERVE?

> FRUIT

One serve of fruit is 150g or:

- > 1 medium-sized piece of fruit (e.g. apple)
- > 2 smaller pieces (e.g. plums)
- > 1 cup canned fruit or fruit salad
- > 1/2 cup of fruit juice
- > 1 1/2 tablespoons of dried fruit (e.g. 4 dried apricot halves)¹

It's better to have fresh fruit rather than dried fruit or fruit juice because fresh fruit has more fibre. What's more, dried fruit can contribute to tooth decay if eaten in large amounts because of its stickiness.

> VEGETABLES

One serve of vegetables is 75g or:

- > 1/2 cup cooked vegetables e.g. peas
- > 1 medium potato
- > 1 cup salad vegetables e.g. lettuce
- > 1/2 cup of cooked legumes e.g. baked beans¹

HOW MANY SERVES DO I NEED EACH DAY?

The most recent dietary survey of Australians shows that most of us eat only about half of what we need³.

This table shows how many serves we need each day² :

	<i>Fruit</i>	<i>Vegetables</i>
Children 4 - 7 years	1	2
Children 8 - 11 years	1	3
Adolescents 12 - 18 years	3	4
Adults	2	5
Pregnant	4	5-6
Breastfeeding	5	7

CAN'T I JUST HAVE A MULTIVITAMIN?

It's true that multivitamins contain a range of vitamins and minerals that are found in fruits and vegetables. However, fruits and vegetables contain more than just vitamins and minerals. There are other naturally occurring, beneficial substances, that aren't found in multivitamins. These include fibre and natural plant chemicals like antioxidants which may help protect from long-term diseases¹.

> FRUIT AND VEGIES PROTECT YOUR HEALTH

Studies show eating a healthy, balanced diet containing lots of fruit and vegetables helps to reduce the risk of diseases, including heart disease, stroke and certain cancers.

> FRUIT AND VEGIES AND WEIGHT MANAGEMENT

Including more fruit and vegetables in your diet in place of higher kilojoule foods can be a great way to maintain a healthy weight. Fruit and vegetables help you feel fuller for longer because of their high fibre content without adding excess kilojoules.

> FRUIT AND VEGIES - THE COLOURS OF HEALTH

Because different coloured fruit and vegetables contain different nutrients it's important to eat a wide range of them. That way you are giving your body the best chance of getting all the different nutrients it needs.

GOOD FOOD, GOOD LIFE TIPS FOR GETTING 2 SERVES OF FRUIT & 5 SERVES OF VEGIES EVERY DAY!

- > For a savoury breakfast, serve cooked mushrooms, tomatoes, capsicum or sweet corn on a slice of wholegrain toast or a wholemeal English muffin.
- > Try this refreshing snack: blend a serve of soft fruit like bananas, strawberries or tinned fruit with skim milk, yogurt and ice for a frothy fruit smoothie.
- > Dice onion, carrot, zucchini, potato and corn into a savoury muffin or pikelet mixture for a healthy snack.
- > Add colour to your sandwich or salad with slices of beetroot and pumpkin.
- > Impress your friends with puréed stewed fruit as a topping for desserts or swirled into yogurt at your next dinner party.
- > Try eating at least two serves of vegies at dinner. Add extra vegies, dried beans or lentils to favourites such as lasagne, nachos or pasta.
- > Top toast with reduced-fat ricotta and sliced bananas. Great for breakfast or a healthy snack between meals!

References

1. 'Go for 2&5'. Why Go for 2&5? What is a serve? [cited 2007 16 January]; Available from: <http://www.gofor2and5.com.au/article.aspx?c=1&a=5>.
2. Smith, A., E. Kellett, and Y. Schmerlaib, Australian Guide to Healthy Eating. 1998: Commonwealth Department of Health and Family Services.
3. McLennan, W. and A. Podger, National Nutrition Survey: Nutrient Intakes and Physical Measurements 1995. 1999, Australian Bureau of Statistics: Canberra.

This fact sheet contains general information. Please consult your healthcare professional for specific advice for your personal situation.



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Nestlé has always maintained a commitment to advances in nutrition and is continuing this through its partnership with the Dietitians Association of Australia (DAA) and the Australian Institute of Sport (AIS)