

# Count on Fruit & Vegetables



Dietitians recommend eating at least five servings of a variety of fruits and vegetables each day as part of a healthy balanced diet.

## Top Fruit & Veg Tips

- Remember - canned, frozen and fresh all count
- Start your day the healthy way - add fruit to your cereal or toast
- Snack on fruit and veg - in the office, at home or on the run
- Finish meals with fruit
- Colour your diet - eat a range of different coloured vegetables
- Choose and prepare foods low in fat, sugar and salt

