



Charge through your day

with 2 fruit & 5 vegetables

ARE YOU EATING ENOUGH FRUIT?

Do you know

- fresh fruit is the perfect fast food; it is low in fat and kilojoules, high in fibre and vitamins, easy to carry and comes in its own biodegradable wrapper?
- the fibre in fruit helps to reduce blood cholesterol?

Do you eat

- at least two pieces of fruit every day?
- fruit high in vitamin C such as oranges, grapefruit, nectarines or mandarins every day?
- fruit high in vitamin A such as rockmelon or apricots every day?
- fruit such as apples and pears with the skin left on?

Try to include fruit and vegetables with every meal. For greatest health benefits eat at least two average sized pieces of fruit and five serves of vegetables every day.



Try this tasty fruit recipe

Fruity crumble

(Serves 6)

6 apples or pears

2 teaspoons cinnamon

juice and grated rind of 1 lemon

1 cup rolled oats

1 teaspoon desiccated coconut

1 tablespoon sunflower seeds

2 tablespoons unprocessed bran

2 tablespoons wheat germ

1 tablespoon chopped almonds

1 tablespoon toasted sesame seeds

1 1/2 tablespoons butter or margarine

Peel, core and slice fruit thinly. Layer in a microwave-safe dish and sprinkle with the lemon juice, half the lemon rind and one teaspoon of cinnamon. Combine all remaining ingredients and mix until crumbly. Sprinkle topping over apples. Microwave uncovered, on HIGH for 15-20 minutes. Serve hot or cold.

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