



Fruit and veg consumption

Extracted from *Australia's food and nutrition 2012*

Pages 147-152



- Dietary requirements vary, but in general most experts recommend we eat plenty of fruit and vegetables (including different types and colours) and legumes (such as soybeans, peas and lentils).
- These foods are nutritious, low in energy (kilojoules) and contain fibre for good health.
- Evidence shows that people who regularly eat diets high in vegetables, fruit and legumes have a lower risk of developing certain health conditions, such as coronary heart disease, stroke, cancer and Type 2 diabetes.

Go for 2 and 5

Most experts recommend that Australians eat 2 serves of fruit and 5 serves of vegetables a day, however recommended serves vary with age, size and physical activity levels.

For more information view the full *Australia's food and nutrition 2012* report online: www.aihw.gov.au

One serve of vegetables can be:



½ cup cooked vegetables or cooked legumes



1 medium potato



1 cup salad vegetables

One serve of fruit can be:



1 medium piece (e.g. apple)



2 small pieces (e.g. apricots)



1 cup chopped or canned fruit

How are we doing?

Most Australians are eating some fruit and vegetables, just not enough.

6% of Australian adults eat the recommended serves of both **fruit and vegetables**.

Fruit

About **9 in 10** children aged **2-13** eat the recommended serves of **fruit**.

25% boys and **20%** girls aged **14-16** eat the recommended serves of **fruit**.

2% of boys and **1%** of girls aged **14-16** eat the recommended fruit serves when **fruit juice** is excluded.

About **1 in 2** people aged **16 and over** eat the recommended serves of **fruit**.

Vegetables

22% of children aged **4-8** eat the recommended serves of **vegetables**.

11% of boys and **1%** of girls aged **14-16** eat the recommended serves of **vegetables**.

No girls and **2%** of boys aged **14-16** eat the recommended serves of vegetable intake when **potatoes** are excluded.

91% of people aged **16 and over** don't eat the recommended serves of **vegetables**.