

# the magic seven

**Eat seven serves of fruit and vegetables a day to keep the doctor away. Nutritionist and dietitian Vanessa Jones suggests some easy ways to increase your consumption.**

**N**utrition experts are urging us all to eat more – fruit and vegetables, that is. A recent national survey found that, on average, Australians only eat 4.1 serves of fruit and vegetables a day. The magic number for good health and wellbeing is seven – that is, five serves of vegetables and two serves of fruit per day.

A serve is counted as a medium-sized piece of fruit (eg, an apple); two small pieces of fruit (eg, two apricots); one cup of diced fruit; half a small handful of dried fruits (eg, four dried apricot halves); one cup of leafy salad greens; or half a cup of cooked vegetables.

The following tips will help you to achieve your 'magic seven' goal and to develop a taste for the wide variety of fruit and vegetables available now.

## One potato...

Know the saying, 'out of sight, out of mind'?

This

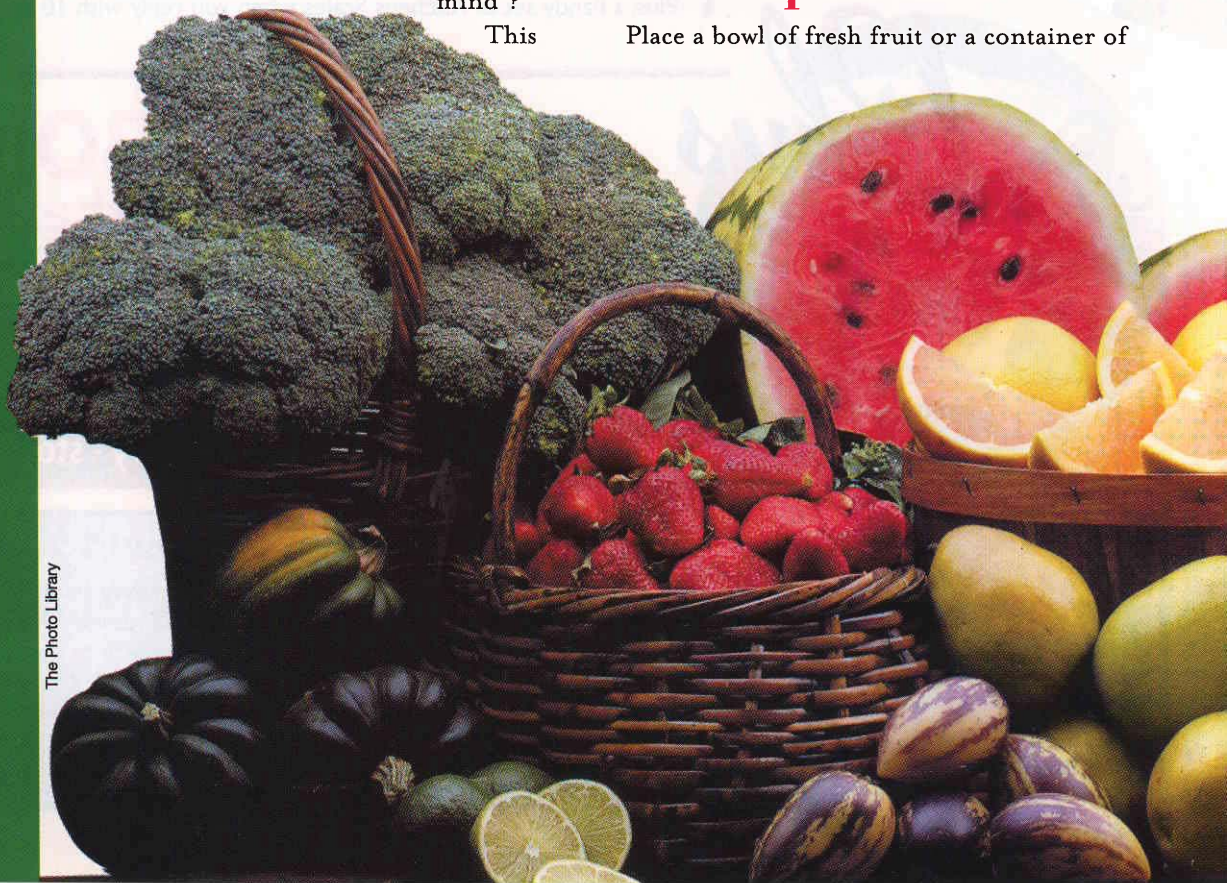
can apply to your stored fruit and vegetables. Make them more visible by moving some vegies from the bottom of the fridge crisper to the top shelf and placing a decorative bowl of fruit in a highly visible location within the kitchen.

## Two potato...

Meet your goal by getting an early start. For brekkie, add a banana, strawberries or kiwi fruit to your cereal. Alternatively, top toast with mushrooms, creamed corn, grilled tomato or mashed banana. A berry or mango smoothie is a terrific brekkie on the run.

## Three potato...

Place a bowl of fresh fruit or a container of



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dried fruit next to your desk at work. Every time you crave something sweet, reach out for the bowl beside you.

## Four...

Think about 'veging out' at lunch time. Order an overflowing salad roll; a vegetable and tofu stir-fry; pasta with a tomato-based vegetable sauce; an Asian vegetable and noodle soup; a vegetarian rice paper roll-up; or a tuna salad. Delicious!

## Five potato...

Avoid waste and extend the life of your vegies by using special long-life vegetable bags. [Or see the new Extra Life fridge discs, p35.] Pick up a packet from the food wraps section of your local supermarket.

## Six potato...

Stop boring your taste buds with the same repetitious vegetables. There is more to life than peas, carrots and potatoes. Each week, grab an exotic fruit or vegetable that has never passed your lips. Many supermarkets now offer pamphlets with food preparation tips and cooking advice for new and exotic fruit and vegetable varieties.

## Seven potato more!

Buy a wok and start tossing. The great thing about wok cooking is that, by changing the vegetables and sauces, a different tasty meal can be created each time. Add these wok-cooking staples to your list:

- Stir-fry vegies such as snow peas, carrots, broccoli, capsicum, mushrooms, onions, baby corn, bean sprouts, beans, spinach, zucchini and bok choy.
- Meat strips such as lean beef, skinless chicken, trim lamb or lean pork.
- Asian, Indian, Moroccan or Italian sauces and marinades.

