WHY GO FOR 2&5®?
Eating plenty of fruit and vegetables can help protect against heart disease, some cancers, and help maintain a healthy weight. It also helps reduce blood pressure and blood cholesterol levels and improve diabetes control. It is recommended adults eat at least 2 serves of fruit and 5 serves of vegetables every day. For children, serves should be adjusted for their age.

WHAT IS A SERVE?

<table>
<thead>
<tr>
<th>FRUIT</th>
<th>VEG</th>
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</thead>
<tbody>
<tr>
<td>1 medium piece (e.g. apple)</td>
<td>½ cup cooked vegies</td>
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<tr>
<td>2 small pieces (e.g. apricots)</td>
<td>1 whole medium potato</td>
</tr>
<tr>
<td>1 cup chopped or canned fruit</td>
<td>1 cup salad vegies</td>
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</tbody>
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For healthy eating information visit www.healthyactive.gov.au
TROPICAL PIZZA FINGERS

15 minutes preparation + 15 minutes cooking

1 French stick, (preferably wholemeal or wholegrain) halved lengthways
200mL tomato pasta sauce
2 large ripe tomatoes, diced
1 medium green capsicum, seeded and diced
150g lean ham, chopped
440g can pineapple pieces (in natural juice), drained
100g each reduced-fat Mozzarella and reduced-fat cheddar cheese, grated

Preheat oven to 180°C. Stand the French stick cut side up on a paper-lined baking tray. Spread tomato pasta sauce on both bread halves. Top with ingredients, sprinkling the cheese last. Bake in oven for 15 mins or until heated through. Cut each pizza into 3-4. Serves 6-8.

Variation
Substitute a plain Foccacia slab, split horizontally, for the French stick. English muffins may also be used as the base.

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CAPSICUM

Selection
Choose capsicum with firm glossy skins, no spots or shrivel.

Storage
In an airtight bag in refrigerator crisper.

Uses
Stir-fries, casseroles and salads, and stuffed with meat and rice mixtures.