



HEALTHY EATING QUIZ

Do you *eat a rainbow* every day?

Eating a regular variety of fruit and vegetables is important to ensure your body is receiving all the vitamins, minerals and fibre it needs to stay healthy and well.

Take this quiz to find out how you rate with your fruit and vegetable intake. Put a tick in each box if it applies to you and count up your ticks at the end!

- I eat five or more serves of vegetables per day.
A serve is ½ cup of cooked vegetables (hot chips don't count) or one cup of salad.
- I eat two serves of fruit per day.
A serve is one medium piece or two small pieces of fresh or frozen fruit (fruit juice doesn't count).
- I have at least half of my plate filled with vegetables at lunch AND dinner.
- I eat at least four different coloured fruit and/or vegetables in my day.
- I regularly experiment by adding extra vegetables to meals that I cook at home.
- I choose healthy options that include vegetables when I dine out.

HOW DID YOU SCORE?

0-1 ticks: There's room for improvement.

2-4 ticks: Keep going, you're nearly there.

5-6 ticks: Congratulations, you're a superstar at eating fruit and vegetables!

Healthy eating in daily life

Fruit and vegetables are an important part of your daily diet. Eating a diet high in fruit and vegetables can help lower your risk of developing diabetes, heart disease, stroke and some cancers.

Most Australians do not meet the recommended serves of fruit and vegetables. According to the Australian Bureau of Statistics, only 6% of Australian adults met both the recommended two serves of fruit per day and five serves of vegetables per day. Only 9% of children aged two to 17 years old met the recommended fruit and vegetable serves for their age groups.

Here are some ideas on how to increase your fruit and vegetable consumption:

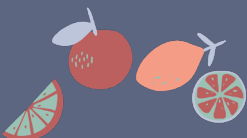
- Add some fruit to your breakfast cereal;
- Use frozen, tinned or seasonal vegetables to help with cost and availability;
- When you need a snack between meals, try carrot, celery, cucumber, capsicum or snow peas with a dip.

Foods of similar colours generally contain similar nutrients. Try to eat a rainbow of colourful fruit and vegetables every day to get the full range of health benefits - for example; red foods like tomatoes and watermelon, green vegetables like spinach and kale, blue and purple foods like blueberries and eggplant and white foods like cauliflower.

Within the Northern Sydney Local Health District, our nutrition team is focused on educating and empowering individuals to make their own healthy eating choices to assist in recovering from illness, and prevention of disease.



Karen Percy
Head of Department
Nutrition Services
Royal North Shore and Ryde Hospitals



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