

# Just add fruit & veg

## ...to your snacks

*Eating fruit and vegetables helps achieve a healthy weight and reduces your risk of cardiovascular disease, diabetes and some cancers. So pack your snacks with fruit and veg.*

## Mid-morning snack

- Having a take-away muffin with your coffee? Make it a mini fruit or veg muffin or alternate your muffin with a fruit salad.
- Looking for a savoury snack? Try some hot vegetable soup or an egg and salad roll.
- Be prepared and bring snacks to work. Pack a wedge of **melon** then at work simply cut it up or scoop out the flesh with a spoon.

## Tips

- Encourage your workplace to have a bowl of fresh fruit for staff to snack from during the week.
- Bring your snacks to work in a cooler bag, especially in the summer months.

For other great ways to use seasonal produce: [www.marketfresh.com.au](http://www.marketfresh.com.au)



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All fruit and veg are healthy so Just Add Fruit & Veg to your snacks everyday.

## Mid-afternoon snack

- Reaching for something sweet? Forget the chocolate bar. Try a tub of low fat yoghurt with chopped **orange** or **kiwifruit**.
- Make a fruit jaffle—just add **banana**, sultanas and ricotta cheese.
- For another easy snack, add **avocado** and light cream cheese to dry biscuits.
- Out and about? Snack on a sushi roll with fresh veg inside or go for a seasonal fruit smoothie.

## Tips

- Buy a low fat Tzatziki dip or make your own—add diced cucumber to natural yoghurt with finely chopped garlic and mint. Serve with cut up carrot, green capsicum and cauliflower.
- When buying cauliflower, choose a clean white head with firm tight clusters. Leaves should be green. Store in a plastic bag in the refrigerator crisper.



For more healthy meal and snack ideas: [www.heartfoundation.org.au](http://www.heartfoundation.org.au)

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