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](http://www.aihw.gov.au)

---

**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.