

Just add fruit & veg

...to your breakfast

Victorians need to eat more fruit and vegetables every day! The 'Go for your life' Just Add Fruit & Veg campaign aims to provide quick, easy and affordable ways for you to just add fruit and vegetables to what you are already eating. Here are some ideas for breakfast...

Hot breakfast

Having a hot savoury breakfast? Just add some cooked **mushrooms, spinach**, chopped **tomato** or **sweetcorn**!

Tips

- Buy fresh plump corn cobs. Prepare by removing husks and cutting off the base. Cook by boiling, steaming or microwaving.
- Store ripe tomatoes out of direct sunlight with stem down. Leave under-ripe tomatoes on the window sill to ripen. Refrigerated tomatoes become mushy.
- To add interest to your meals, make a habit of trying a new fruit, vegetable or herb and learning how to prepare it.

Download your seasonal guide to vegetables from www.marketfresh.com.au



Call 1300 73 98 99
goforyourlife.vic.gov.au

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for
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Want to make your breakfast more tasty and healthy? Just add some fruit and veg to the breakfast you are eating. It is quick, easy and good for you!

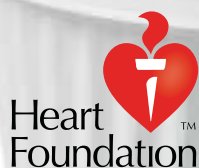
Breakfast on the run

No time for breakfast at home? As you run out the door pick up a fresh piece of fruit such as a juicy **apple**, sweet **banana** or summery **nectarine** to munch on your way to work.

Tips

- Want a healthy, easy liquid breakfast? Just add strawberries or bananas to reduced fat milk and blend it up for a delicious smoothie.
- Having a cereal-based bar for breakfast? Try one with the Heart Foundation Tick. Add a piece of fruit to boost vitamin intake and help keep you going until lunchtime.
- Keep an exercise book with a collection of breakfast recipe ideas that fit in with your lifestyle.

For more easy meal and snack ideas visit www.heartfoundation.org.au



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