

# The simplest way

...to enjoy all forms of fruit & veg.

Fresh fruit and vegetables are an essential part of a healthy diet.

But did you know frozen, chilled, canned and dried fruit and veg also count towards your daily number of serves? (Aim for 2 serves of fruit and 5 of veg.)



These alternatives are a great option:

- when fresh is in short supply;
- for convenience (storage, time saving);
- to stock the fridge, freezer and cupboard, so you'll always have fruit and veg on hand!

Top tips:

- Choose "no added salt" or "salt reduced" canned veg and fruit in "natural juice" not syrup.
- Limit dried fruit to no more than one serve a day (approx. 30g) as too much can lead to excess weight gain and tooth decay.

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